ETERNITY

Sovereign

Dedicated to the Eternal One Beloved

Love for the One Beloved abandons all but Love

that has no resting place other than the Beloved.

Heartfelt thanks to the following

for their love and support:

Fayre Robert Hammer11 Kimmy and my father, Robert Thor.

KEYS

Only One ever Is.

The One is One indivisible Whole

that is inconceivable and beyond words.

The One ever Is Here Now.

One / Oneness = Absolute / Reality / Self / I AM / Beloved / Heart / Silence / Truth

One / Oneness = Power / Existence Awareness Bliss / Grace / Creator

Existence = Being / Presence

Awareness = Consciousness / Witness Seer / Light / Intelligence / Knowing / Knowledge

Bliss = Peace / Love / Freedom / Perfection / Beauty

Oneness is the stateless State of the One, and not a union or unity.

Numeral one (1) is single and undivided and only divisible by itself.

Here is nonlocal and Infinite. **Now** is timeless and Eternal.

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25 The Eternal One Infinite alone is I and what the One Is, I AM

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27 One Absolute Power Alone ever Is

28 Grace ever Is Here Now

29 Mental impressions and inclinations seek manifestation

30 The One is the One and Only Truth

31 Discrimination is a tool used to discern the real from the unreal

32 Attention is a pointed mental focus on an object

33 Consciousness plus perception plus thought is experience

34 All reaction is personally stamped by the ego

35 Reality ever Is while Illusion is ever nonexistent

36 Illusion is everything that the One Reality is not

37 Nothing ever happens in the Here and Now of Reality

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57 The One Absolute Alone Exists

58 The Ultimate Truth is in transcendent Silence

The One Beloved and Lover ever Abide in Eternity

in Oneness Embrace.

Eternity is Now.

Now is the Still Point of Eternity.

Now is transcendent and timeless.

The timeless Now is ever Here and Absolute.

There is Only One Here Now.

Oneness alone is Truth—all else is untruth

and a zero and nothing.

God Alone Is Eternal

God Alone Exists—God Alone is Real.

All else is but an illusion

a dream we Wake from.

Palace of Eternity

Beloved

Your Absolute Love

is

an Utter Sweetness

a Fire that Burns

an Overwhelming Bliss

that is Killing your Lover

in

Your Paradisal Palace

of

Eternity.

Here is the Now that is timeless and Eternal.

Here is Infinite in the ever Present Now of Eternity.

The Eternal One Infinite

alone is I and what the One Is, I AM.

The Song of Bliss

What Bliss to merely Be

to Be Free

to Be without compunction

to Trust

to Be the Source I AM

the limitless Source of Bliss

for all Eternity!

The illusory Creation is the Dream of the Creator

we are dreaming.

Wake Up

to

the Bliss you ever Are—

Be Here Now!

Attention and thought appear and disappear

in Consciousness and are but an illusory superimposition

while Consciousness remains ever the same

as immutable and indivisible Oneness in Absolute Silence.

Beloved Is Your Name

Beloved is Your Name

ever

reverberating in resonance

in the Silence of the Heart

the Heart Blissfully Ravished

by

Your Absolute Love.

The Still Point of Eternity

Moving in space

moving with time

is

what we do

but

the Transcendent

ever

unmoved and unmoving

are

the Still Point of Eternity

the One Absolute.

Now

The Now alone Is

all else is illusion—

this is all one need know.

The Heart

Be ever moved by the Heart

never by desire or fear

for

the Heart never errs

while desire and fear

erroneous from the start

spring from separation

ever alien

to

the Heart.

Music of Eternity

The Stillness of Silence

the Language of Oneness Perfection

the Music of Eternity

is

the Voice of Truth.

Holy Sanctum

Silence

transcendent

a

Holy Sanctum

words cannot enter

where Truth alone Dwells

and

Peace Reigns

while the world

made of words

built by desire

is

but a dream.

As nothing happens in the timeless Here and Now

there is nothing to attach to or resist

and we realize that things happen only in the illusory world

of the ego mind

and that events and experiences are a mind creation and projection

maintained by belief and faith.

And foremost we realize

that in the Here and Now of Reality

Absolute Oneness Perfection Reigns.

Reality

In Reality

All Is

the Silence of Eternity

the limitlessness of Infinity.

Eternal Seer

No form no world no experience

is

ever real.

All that appears

all that changes

disappears

except

the

One

Eternal Seer.

Utter Lightness

There is Great Ease

in

mere Being

an utter lightness

transparency

where the breath is serene

the mind unmoving

in

Absolute Silence.

One Who Merely Is

The One Self

is

pure Is-ness

limitless Being

an

Absolute Existence

so

one who merely Is

naturally abides

as

That.

Not a leaf or hand or cloud or particle or thought

happens and moves without the One Power

and Will of the Creator.

Our Eternal Nature

Being

is

effortless

certain like a diamond

our Truth

our Eternal Nature

and

Immortal Self

our Perfection

Here Now.

Consciousness plus perception plus thought is experience.

The Original Signature

I AM

is

the Original Signature

and

Manifestation

of

the Nameless One

ever Shining

in

the Eternal

Here and Now

of

Oneness.

The timeless Now of Eternity is ever Here

in

Absolute Oneness Perfection!

Just Be.

Being is effortless

boundless

an immense ease

simplicity

purity

to merely Be

Here in the Eternal Now.

Eternal Mystery

In the Silence of the One Heart

the Beloved and Lover

are

Ever One

in

Love Bliss Intimacy

ever

a

Mystery

transcendent

of

the mind.

We emerge from Oneness only to return to Oneness

and the *space* between emergence and return

is an imaginary journey in duality that is an illusion.

The Limitless Gateway

The Here and Now

ever

timeless

transcendent

absolute

is

the limitless Gateway

to

Oneness

Reality.

In ignorance we act in reaction and react in action.

For every action there is an automatic reflex reaction—

action and reaction are coexistent and coordinate as one.

Action and reaction

spring from dual subject-object relativity

and keep us captive in the illusory world of the ego mind

spinning on the revolving *Wheel of Karma*.

Eternal Reign

Oneness ever Reigns

in

the Stillness of Silence.

I AM the Eternal One Light

I AM

Awareness

pristine perfect

the One Light of Intelligence

while the mind dreaming a dream

appears disappears

in

My unwavering Light.

Timeless Here and Now

Each moment

successive temporal

is

mental

conceived

illusory

while

the

timeless Here and Now ever is

Absolute

the unchanging

Eternal One Reality.

The Eternal One Infinite Alone Exists

while the infinitude is Its Shadow and a zero and nothing.

The infinitude is fundamentally unified

and superficially diversified

with everything absolutely relative

to the point of being canceled and a zero.

The infinitude is the *Grand Illusion*

the limitless Imagination of the Almighty Creator.

Love

Love is Oneness

the One underlying Reality

of

everything and all that seems to be or exist

and

the Basis for all Creation.

We Awaken in Oneness Silence

from the dream of Illusion to the Bliss of Reality.

Eternal Home

The Emptiness of Pure Existence

our

Eternal Home

is

Oneness Perfection

a transcendent Freedom ever Boundless.

Place your mind before the Mirror of Eternity!

Be as the Light of the Eternal One Infinite!

Know the Self to Be That!

The Unveiling

Our dissolution

is

the unveiling of the One Immortal Self

ever Here in the Eternal Now

of

Oneness Perfection.

Love is Supreme

Love has no rhyme or reason

Love is ever Free

and

Supreme

the Music of the Eternal One Heart!

The Eternal Voice

Silence ever Is

the soundless Sound

of

Oneness Reality

the Eternal Voice

of

Oneness Truth.

All are given a Role to Play.

All are Liberated upon the death of the body.

Divine Kiss of Love

Divine Love is Holy

its Perfume sweet Rapture

where

the Beloved and Lover

are

One

in

the Bliss of Oneness Love

a Sacred Fire

in which

the Lover Burns

in

Ecstasy.

Being is not action nor is it dependent on action

nor is it thought or an abeyance of thought

nor is it sensory perception or experience.

Being is not dependent on the body or mind

indeed, without Being there is no body or mind or life.

The Door of Love

Pure reason

leads

to

the Door of Love

but

can never enter

Love's Domain.

Oneness Intimacy

The One

ever Is

Absolute Oneness

Love Bliss

Intimacy.

The Creator creates endless variations of relationship
within the expanding and contracting space of separation
ever fixated on beginnings and endings.

The Creator is ever spinning illusion
ever tracing circles and circles within circles
ever projecting spheres and spheres within spheres.

The Creation is a monumental lusty thrust to Infinity
based on forms generating and consuming other forms.

The One

All proceed from the One

abide in the One

dissolve in the One—

the One

Alone ever Is.

Be Here

Be Here

with

the One Beloved

in

Oneness Embrace

in

the timeless Now of Oneness Perfection.

Transcendent

God

like Silence

is

ever

Transcendent

of

the mind.

Introvert the mind:

Introversion is the state of non-attention

in which the mind subsides and dissolves in Consciousness.

We are either Present or in the mind.

When we are Present the mind is still and silent.

When we are Present

Here in the timeless Now

the mind dissolves.

Illusion rules until the Annihilation of the ego mind.

One Heart

The Heart ever Is

Stainless Simplicity

Majestic Oneness

Power Supreme.

Stillness

In Stillness

Silence Reigns.

In Stillness

Serenity Reigns.

When the mind

is

Still and Silent

Oneness Reigns

in

Self-effulgent Majesty.

Undeniable

The immediacy

of

the Absolute

ever

timeless

beyond words

undeniable

the One Self

Here

Now.

Naked and Free

Oneness

Fully Shines

Naked and Free

upon

the annihilation of the mind.

Established in the Here and Now

one is transparent and traceless Oneness.

Unlike the ego the Immortal Self has no story or history

and is ever the Uncreated and Unborn

the transcendent One Reality.

Oneness Beatitude

Joy radiating

limitless

impervious felicity

unwinding to Infinity

yet motionless

in

Oneness Beatitude

under

swaying palms

flashing bright.

Awaken

Awaken in the Silence

of

Absolute Consciousness

as

The One

Reality.

Self-luminous Oneness

Awareness of Awareness

is

Self-luminous

Oneness.

The Manifestation of the One

is the Play of the Creator and Grace

with Grace ever surpassing the Creator's Illusion

as the One underlying and preeminent Reality.

Cosmic Flower

The illusory Infinitude

a

cosmic explosion and boundless unfolding

like a flower with endless petals

shining in the One Light

of

Consciousness!

Master and transcend the mind

by merely Being and purely Seeing.

To Be without reaction is mere Being

and to See without reaction is pure Seeing.

Mere Being is Absolute Existence

and pure Seeing is Absolute Awareness.

Only One

One Alone Exists

ever

the One and Only

ever

Absolute

Oneness Perfection

Bliss.

Until We Wake

All is mind

all is illusion

until we Wake

in

the Silence of Reality

as

The One.

Knowledge that is free of dual subject-object relativity

alone is Real and Absolute.

Beauty True

Beauty

True

like Love

springs from the Heart

never the mind.

Duality

Separation

a trick of the mind

is

alienation

deep sorrow

in

the foreign land called duality.

Grace

Pure Love

is

the greatest Gift Grace gives

and

Knowledge of one's True Nature

is

the ultimate Blessing Grace bestows.

Until we forgive and forget everything

we will not live in/as the One Heart.

To the extent we dive in the Heart

we experience the Bliss of Oneness.

Our Real Identity

The One Self

our Real Identity

is

the Unborn

and

Uncreated

the One Reality

while

all else is but a dream.

All perception is instant

prior to thought and initially pure

until thought takes hold

as dual experience that is relative.

The Only Constant

The only constant

in

every experience

is

Consciousness.

The only Truth

is

Consciousness.

Experience transcendent of the mind alone is Real—

all other experience is unreal and but an illusion.

The I-thought

All thought

springs from the I-thought

the primal drive of the mind—

no I-thought,

no mind or world.

Words are nothing in the Light of Love!

Chains of Desire

Throw away the chains of desire

Be ever Free!

Desire is a relentless lord

ever generative

ever perpetuating itself

and

the illusory world

of

the mind.

Oneness Embrace

I am a fool to wander or delay

to forget

Your Absolute Love

Your Oneness Embrace

in

the Silence of the Heart.

All One Need Know

Desireless

one is Free

desireless

one is True—

this is all

one need Know

and

Be.

The Almighty Creator and the mind and the infinitude

are coordinate and conjunct as one

and appear and disappear as one.

By Grace alone we escape Illusion and all ignorance

to Wake as the One Self and Reality—

Absolute Existence Awareness Bliss.

Love and Light

May I never be absent

from

Your Perfect Company

Your Perfect Love and Light!

The Transcendent I AM

Be Still—

Know

the Eternal I AM

transcendent of thought.

Thought is based on dual subject-object relativity

and thus, projects experience

that is dual and relative and subjective

while perception in its first instant

is direct pure and absolute

until thought takes hold.

In Silence

In Silence

we

Wake from the dream of duality

to

Oneness Reality.

In the Silence of the One Absolute

All is transcendent Peace.

Home Free

Knowing only Being

in

Absolute Silence

one

is

Home

Free!

Self-effulgent Bliss

I AM Bliss

limitless

unwavering

Self-effulgent Bliss

indivisible

and

Whole.

Ocean of Consciousness

Just as the ocean is nothing but water

so

everything is nothing but Consciousness.

Beauty Unveiled

The iridescence

of

Beauty's reflection

in all things

is stunning

a smooth curve

the fragrance of Bliss

where all is One Shining Presence

an Absolute Existence

Beauty unveiled

Lustrous.

I-Me-Mine

The

I

ever real

mixed with thought

as

me and mine

becomes

unreal

as

ego.

Regard and discard everything as untrue and unreal

until the illusory mind dissolves

and

the Absolute Silence of Reality Reigns.

Freedom

Freedom from the ego

is

Freedom indeed

and

Liberation

ever

Oneness

transcendent

of

the mind.

Illusion is the Shadow of God.

Self Alone Knows Self

To Be the Self

is

to Know the Self

for

Self alone Knows Self

by way of Itself

ever

transcendent

ever

Free

of

dual subject-object relativity

ever

Here Now

in

Oneness Perfection.

One Yet No One

There is only One

Who is no one

nobody

formless and Free.

Everything and all that seems to be or exist has purpose

and that ultimate purpose is to Be Purposeless as the One.

Everything and all that seems to be or exist has desire

and that ultimate desire is to Be Desireless as the One.

Everything and all that seems to be or exist has the urge to know

and that ultimate urge to know is to Be as the One Unknown.

Eternal Truth

The Eternal One

is

Oneness Love

the

Eternal One Truth.

I AM

One I

Alone ever Is

and

what the One Is

I AM.

Transcendent Perfection

In Silence there is Wholeness

a

transcendent Perfection

not to be found in the vast world of sound and thought.

The mind is the ultimate miracle

because it is from the mind that the infinitude springs

and is projected and externalized

as perception and experience.

Bubbles in The Ocean

We are bubbles

separate

in

the boundless

Ocean of Being

but

when the bubble pops

all is Ocean

Absolute Oneness.

Death is a radical surrender to the Unknown

that is Liberation from the known.

That which is known is transient and illusory

while the One Unknown

is the transcendent One Reality and Self.

Desireless

Desireless

I AM

transcendent

Freedom

Here Now.

One Power Source

One Power

Source

underlying

all

energy

objects

experience

everything that seems to be or exist

Alone Ever Is.

Absolute Shining

Self Realization

is

the Annihilation

of

the human being

and

the Absolute Shining

of

limitless

Being

Oneness Perfection.

The realization that Absolute Consciousness is our Real Identity

is enough to bring the seeking mind to an end.

It is seeking alone that bypasses and postpones

the Here and Now of Self Realization.

I AM One

I Alone AM

Oneness Perfection

the One Absolute

Here Now

in

Eternal Bliss.

Unfathomable

No one can fathom

the

Unfathomable

trace

the Traceless.

All attempts

ever ineffectual futile

can never conceive

the

Inconceivable

know

the

Unknowable.

Mere Being is Reality Experience,

while becoming is an imaginary journey in illusion.

Be Still

Be Still

All things are merely mental

imaginary like a mirage.

Be Still

Be Free of the dreaming mind.

Be Still

Be the limitless Freedom that ever Is.

Be Still

Know the motionless mind to be no mind at all.

Be Still

Be Silent

transcendent

of

the mind.

Without Desire

Without desire

there is no fear.

Without desire

there is no mind.

Without desire

there is no world.

Without desire

there is Oneness Perfection.

Without desire

one

is

Freedom Itself.

Attention rises from Consciousness

as a pointed mental focus on an object.

When attention is not directed and focused on an object

it relaxes and dissolves in its Source—Consciousness.

The mind turned inward is Absolute Consciousness

and turned outward, the ego body world cosmos.

That which is Real and True is beyond words.

Words vanish in the Absolute Silence of the One Reality.

We alone are Freed from the tyranny and illusion of words

by Oneness Grace.

Oneness Perfection

I AM

Self-existent

Self-evident

Self-luminous

Oneness Perfection

ever

Here in the timeless Now.

Sacred Fire

Pure Love

is

the Bliss of Oneness

a

Sacred Fire

in

which

the ego mind burns to Ash

the

Eternal One Heart

ever Shining

Here in the timeless Now of Eternity.

Power of Silence

The Power of Silence

sweeps away

illusion

and

the mind.

Simply Be

Simply Settle

into

That.

Why run after dreams

ever uncertain

illusory.

Simply Be

That

Which Ever Is

Here

Now.

All objects are empty except when filled with thought and feeling.

All objects

including thoughts

have form and are finite material mutable and vibratory

while Consciousness—the One Reality and Self—is formless

limitless nonmaterial immutable and non-vibratory.

All objects are an illusion and a zero and nothing.

Drop the Ego I

Observe the ego I

never cultivate it

never identify with it

ignore it

drop it

and

ever abide

as

Oneness Perfection

the

Eternal One Self

Here Now.

Origins alone spring from and point to Illusion.

Life in the world and cosmos

is a repetitive circling spinning spiraling

ad infinitum in Illusion.

Affirmation and the assertion of desire

springs from ignorance in Illusion.

Our assumption of separation

creates desire and fear and the world.

All beginnings all endings are but a dream.

Purity

The wise

simple and pure

without a care

Know all as One.

We are not the body nor is the body ours

nor are we the doer or enjoyer

nor are we the mind

we are the Unborn Self that is the One Witness Seer

of everything and all that seems to be or exist.

Know the Self

Know the Self

and

the One Reality is Known.

Erroneously assuming the ego as I

we are ever restless in illusion

while in Reality

we are Peace Itself.

Never Two

Merging as one

is illusory

like a mirage

as there is only

One

and never two.

Why Not

Why not just Be

for

the love of merely just Being.

The Mind Is A Zero

The mind

a zero

in

Oneness Consciousness

projects

an infinitude

that too is but a zero.

Pure Love

In pure love there is no other

for pure love is One

never two.

The End of Seeking

All seeking ends

only

in

Realization

of

The One

Perfect

Self.

The Direct Way is to clearly comprehend

to realize that the ultimate destiny of the ego

is final surrender to its primal nonexistence

and that the mind that objectifies the One

and *divides* indivisible Oneness

is the creator and projector

of all ignorance and illusion

and a zero and nothing.

Breath

breathe

Transparency

no inner no outer.

Breath

breathe

Luminosity

no higher no lower.

Breath

breathe

Transcendent Oneness

Here Now.

Eternal Lovers

Lovers who breathe Eternity

are ever

One

in

Absolute Bliss

in

the Silence of the Eternal One Heart.

I AM

Awake

when I am Present

and

dreaming

when in the mind.

Ocean of Being

In the boundless Ocean

of

Being

there is only One

a

limitless

Self Aware Oneness

indivisible

Whole.

Devotion

Devotion

One Pointed and True

is

Pure Love and Sublime.

The Direct Way recognizes that the following

obscure and betray Oneness

and are the antithesis of Oneness Truth:

dishonesty;

belief in separation;

belief in relationship based on differentiation;

belief in becoming rather than just Being;

belief in the authenticity of perception and experience;

belief that Realization and Liberation are in the future

and based on endeavor.

The Direct Way is in alignment with Oneness Truth

until the final dissolution of the ego mind

and all ignorance and illusion.

The Direct Way abandons the illusion of the separate self

and all sense of inner and outer

and simply abides as That which ever Is Here and Now.

Mental Trance

Be Present

Here Now.

Wake

from

the mental trance of illusion

to

Reality.

Compassion for all life and the world

springs from the Eternal One Heart.

Silence

Silence Reigns Supreme

ever pristine

Oneness Perfection

transcendent

of

the mind.

Death is an illusion as are birth and life—

all live in a web of illusion until death's *Great Dissolution*

that too is but an illusion

and

a zero and nothing.

The Immortal Self

The Immortal Self

Alone ever Is

Here

in

the Eternal Now

while

birth life death and the cosmos

are

illusory superimpositions.

Ever Free

There are those who are good

and those who are bad

and those who are good and bad

but those who are Transcendent

are none of that

and

ever abide

as

Oneness

an

Absolute Existence

ever Free.

By higher reasoning the *rope* of Reality

is discriminated from the *snake* of Illusion;

by way of discernment the reality of the rope

is discriminated from the illusion of the snake.

Under the *lens* of higher reasoning

and in the impersonal One Light of Awareness

all obscure feelings and motives and mental modes

are exposed and clearly known.

You Are That

Leave your pond

for

the Great Ocean!

Trust the Absolute

You Are That!

Merely Being

Reality is never attained

but

Realized

by

merely Being

Here Now.

Stopped in Its Tracks

Ever restless

the ego is on the move

but

stopped in its tracks

when the mind

dissolves

in

Oneness Presence

Here Now.

Universal Spin

Currents moving into swirling eddies

the cosmic mind

like

water and wind

is

moving everything

here there

everywhere

round and round

in

circles

ever spinning

a universal spin

like

a

wheel.

When dreaming we wander about in a dream-body

but when we wake from dreaming

where is the dream-body?

Likewise, when we Wake from the Dream of life and living

where is the ego body mind world cosmos?

And in deep sleep

when the body is unconscious and the ego mind absent

and reduced to its causal state

nothing exists—

proof that one's relative existence

is an illusory creation and projection of the mind,

that the ego body world cosmos

alone exists in the mind

and is projected externally in the waking state.

When Named Untrue

All that is false and illusory

when named

untrue

holds no power

to

beguile

deceive

obscure

Oneness Truth

Reality.

The Silence of Presence

Awareness of Awareness

is

Absolute Awareness

the

Silence of Presence.

Oneness Silence

In Silence

in Stillness

All is Oneness Perfection

the Reality

of

the Eternal One Infinite

Self.

Thought is time and time is thought.

All Is Beauty in Oneness

All is Beauty

when Oneness is unveiled!

Then All is One

Absolute Existence

Shining

in

the Stillness of Silence

a

Transcendent Perfection

an

Absolute Beauty.

There is a continuous stream of thought

and an absorption in the ego I-thought

that distracts us from merely just Being

and in our ignorance

we misidentify the I with the ego body mind

as *I am the body* and *I am this* and *I am that*

thus, overlooking the pure nonconceptual Absolute I AM

the Immortal One Self.

Illusory Superimpositions

The Immortal Self

Alone ever Is—

birth life death

change

and

the cosmos

are

but

illusory superimpositions

on

the Eternal One Reality.

Perfect Peace is the Heart of Oneness.

1

Eternity is timeless and transcendent of thought.

Eternity just Is.

Thought is time and time is thought.

Everything that seems to be or exist

is a creation and projection of thought.

The cosmos is mere thought and but a dream.

The mind is mere thought and like thought an illusion.

The cosmos and thought seem to be but are an illusion.

Illusion is the Shadow of the One.

Thought can never enter the Silence of the Now.

The dual mind can never enter the Oneness of the Here and Now.

There is no thought no mind in the timeless Now of Eternity.

2

Now is the Silence of Eternity.

Now is the Heart of Existence.

Now is Love.

Now is the Bliss of Oneness

Love is Oneness in the Eternal Now.

Oneness Love is transcendent of the mind.

Oneness is indivisible and ever unchanging
while thought is divided and ever changing.

Know thought to be unreal and Be Free
in the Eternal Now of Oneness Perfection.

The Now is Absolute.

Love is Absolute in the timeless Now of Eternity.

Love is Eternal.

Love is God.

Love is the Power and Manifestation of God.

Love is the *Form* of formless God.

Love is the underlying One Reality and essential basis of Creation.

Love is Oneness transcendent of the ego mind.

Aspire to Pure Love by knowing all else to be but an illusion.

Aspire to Pure Love by loving God above all else.

Pure Love is a Gift from God.

Love is unalloyed Beauty and Bliss.

Love is Perfect Peace.

Love is Supreme Truth.

Love is Naked and Free

like the perfume of a flower in the wind.

Love is unparalleled Power

and the foremost healer and transformer.

Love is selfless and without purpose

like the light of the sun that shines on all.

Love and Beauty are the One underlying Reality

of everything and all that seems to be or exist.

Love springs spontaneously and unfettered from within.

Love is our Eternal Nature.

Love is ever Here in the timeless Now of Eternity.

Divine Love

The divine name

of

the Nameless One

ignites the fire of divine Love.

The divine form

of

the Formless One

ignites the fire of divine Love.

The divine song

of

the Silent One

ignites

the fire of divine Love.

The One Beloved and Lover ever Abide in Oneness Embrace.

Love for God in the *form* of the Eternal One Beloved

Who is Absolute Love

is the Supreme Way to/as Oneness Perfection

and a divine Gift of Grace.

The One Beloved is the Power and Manifestation of Grace.

The One Beloved is Absolute Love

that quickens Pure Love in the devotee.

Love for the One Beloved is a *Fire* that burns

and destroys the ego mind and all ignorance and illusion.

Love for the One Beloved abandons all but Love

that has no resting place other than the Beloved.

The One Beloved ever Dwells in the transcendental Heart.

The One Beloved is the transcendent Beatitude

of Oneness Perfection.

The One Beloved is ever Here

in the Eternal Now of Oneness Perfection.

The One Beloved listens only to the *Music* of the Heart—Love

The One Beloved's Fragrance is the Perfume of Paradise.

The Eternal Abode of the One Beloved and Lover is the Heart.

The One Beloved and Lover

are in Eternal Oneness Embrace in the Silence of the Heart.

The One Beloved and Lover

are ever One in the Absolute Bliss of Love and Peace.

Love is Oneness

the Source Substratum Substance

of

everything.

Love is Supreme

the One Basis

Axis and Pivot

Gravity and Magnet

the One Heart of Existence

the sublime Music

of

the spheres and Soul.

Love is the eternal One Beloved

the One Power and Reality

the fragrance of Bliss

the fountain in our garden

the spring in our step

the reason why.

Here in the timeless Now of Eternity.

Eternity is the stateless State of God ever Here and Now.

God ever Is Here Now.

Here ever Is.

Here is nonlocal Presence and Infinite.

Here is formless unchanging and limitless.

Now ever Is.

Now is not a moment or instant in time.

Now is the timeless Still Point of Eternity.

Eternity is Now.

The Here and Now ever Is.

The Here and Now is Absolute.

The Here and Now is our Eternal Home.

In the One Light of the Here and Now

illusion dissolves and Oneness is revealed.

The Now is ever Here.

Here is the Now that is ever Present.

Here is Infinite in the ever Present Now of Eternity.

Presence is ever Here in the Eternal Now.

Here is the timeless Now that is transcendent.

The Now is prior to thought and transcendent.

Now is the unchanging Axis that is ever Here.

Here is infinitely Spacious.

The Here and Now is limitless

and can never be observed or measured.

The Here and Now is indivisible Oneness.

The Here and Now is our Eternal Home.

The Here and Now has no source—It is the Source.

6

Time is relative and but an illusion.

Time is an illusion that dissolves in the ever present Here and Now.

Time is relative and inferred by the movement of objects

in space, such as the earth in relation to the sun.

There is no time in the higher realms.

Time is the movement of thought in a conceived space.

Time is an illusory abstraction created by thought

and projected onto the *Screen* of Consciousness.

Stopping thought is stopping time.

We have dominion over spacetime
because time and space are modes of thought
and not actual conditions in which we live.

Thought is time and the ego rising from Consciousness.

Thought springs from the illusory past

and looks to the illusive future.

Thought remembers the past that is but an illusion

and imagines the future that is but an illusion

while the fleeting present is the past in an instant

that cannot be measured or observed.

Space is empty and boundless.

Outer space, that was thought to be totally empty
contains a network of quantum energies
that transmit information—called the Zero Point Field.

Space is an empty expanse

and the coordinate relative to moving objects that are time.

Space is an absence, like the space between two thoughts.

Space as spacetime is a four-dimensional continuum

and as physical space is three-dimensional.

Spacetime tells matter how to move

while matter tells spacetime how to curve.

Space is homogeneous though it curves and is fluid.

Space—time's coordinate—is an illusion

but the clearest finest reflection of limitless Oneness.

Space associated with an expanse such as the sky

is limitless spaciousness.

Space is an illusory mental abstraction

and apperception and experience.

Space is pervaded by Consciousness

but does not pervade Consciousness.

Space floats in Consciousness.

7

Now is the Still Point of Eternity.

Now ever Is.

Now is timeless.

The past is a memory and conceptual.
The future is assumed and conceptual.
The present is fleeting and conceptual.

The Now is transcendent of the mind and all concepts such as time.

Now is the Silence of Eternity.

Now is the Heart of Existence.

Existence is Infinite in the Eternal Now of Awareness.

Now is the One Absolute.

Now is Oneness Truth.

Now is Reality.

In the Absolute One Light of the Now
the Veil of Illusion dissolves and Reality is revealed.

Illusion vanishes in the Now of Reality.

Now is the One Self.

Now is Omnipresence.

The Now of Presence is egoless.

Now is Absolute Consciousness.

Now is Oneness Silence.

The Now of Silence is ever transcendent of the mind.

The mind stops in the Now of Silence.

Now is Naked.

Now is Nirvana.

Now is the limitless Gateway to Oneness Perfection.

Now is Bliss.

Mere Being is Bliss.

Bliss is unbroken happiness. Bliss is our Eternal Nature.

It is the ego mind that disturbs and obstructs

our natural state of Bliss and happiness.

Bliss is the One Self. There is no moment when the Self is not.

Be free of the ego mind and so abide as the Absolute Bliss

of the One Reality and Self.

Oneness is limitless Bliss.

Bliss is the underlying One Reality
of everything and all that seems to be or exist.

Our innate Bliss is projected onto and associated with objects
and the attainment of our desires.
The happiness and peace we experience once a desired object
or objective is obtained is our own inherent Bliss and Peace
and with that there is a sense of fulfillment and completion.
When the tension of desire is relieved upon attainment
we feel happy and at peace for a time
but there are always more desires that keep us from feeling
complete and we have made the false assumption
that happiness and peace are external to us
which keeps us trapped in ignorance and illusion
missing the truth that we in reality are the happiness and peace
we desire and seek.
No matter what the desired object or objective is
it represents that which will make us complete and happy.
It is permanent happiness and peace that we long for and seek
not realizing that Bliss and Peace are our natural state
and Eternal Nature and Self in limitless abundance.
Only abidance in/as the One Self that is Oneness Perfection
is permanent Freedom from desire and the sense of incompleteness.
We are limitless Bliss Peace Love Freedom—we are That
which we ultimately desire.

Abidance in/as Oneness is absolute Bliss.

Now is Peace.

Peace is the stillness of Absolute Silence.

There is no Peace in the movement of thought.

When thought is absent there is perfect Peace.

Peace is our Eternal Nature.

It is the ego mind that disturbs and obstructs

our natural state of Peace.

Peace is the One Self.

There is no moment when the Self is not.

Be free of the ego mind and so abide as the absolute Peace

of the One Reality and Self.

Peace is the Heart of Silence.

The Perfect Peace of Silence is ever transcendent of the ego mind.

When the ego mind is Annihilated Peace Reigns.

Mere Being is limitless Peace.

Liberation is Eternal Peace.

Abidance in/as Oneness is Absolute Peace.

Now is Love.

Love is Oneness. Love is the *Form* of the formless One.

Love shines on all like the sun. Love is our Eternal Nature.

It is the ego mind that disturbs and obstructs

our natural state of Love. Love is the One Self.

There is no moment when the Self is not.

Be free of the ego mind and so abide as the absolute Love

of the One Reality and Self.

Love is the One underlying Reality and essential basis of Creation.

Love is unparalleled Power and the foremost healer and transformer.

Love is limitless and selfless.

Love is Oneness and like the light of the sun that shines on all.

Love gives and does not ask.

Love springs spontaneously and unfettered from within
as Love is our Eternal Nature.

Love is unalloyed Beauty and Bliss.

Abidance in/as Oneness is absolute Love.

Now is Freedom.

Freedom is transcendent Oneness.

Freedom is formless and nameless. Freedom is our Eternal Nature.

It is the ego mind that disturbs and obstructs

our natural state of Freedom. Freedom is the One Self.

There is no moment when the Self is not.

Be free of the ego mind and so abide as the absolute Freedom

of the One Reality and Self.

Wherever one is, one is Free as Freedom is ever Here Now.

Prior to and beyond the ego mind one is Free.

Desireless one is Free of the I-me-mine and fever of the world.

Freedom is never attained:
Freedom is Realized as our Immortal One Self.

Freedom is Liberation from the ego body mind world cosmos.

Freedom is absolute independence as limitless Oneness.

Abidance in/as Oneness is absolute Freedom.

Now is Oneness.

Oneness is indivisible and ever unchanging

while the ego mind is divided and ever changing.

Oneness is our Eternal Nature.

It is the ego mind that disturbs and obstructs

our natural state of Oneness. Oneness is the One Self.

There is no moment when the Self is not.

Be free of the ego mind and so abide as the Oneness

of the One Reality and Self.

Absolute surrender to Oneness
is Reality Experience that is Self Knowledge
and Liberation from all ignorance and illusion.

Abidance in/as Oneness is Absolute Perfection.

8

God is the One and Only Reality.

Oneness Intimacy

The One

ever Is

Absolute Oneness

Love Bliss

Intimacy.

The One and Only Alone Experiences Itself.

The One is Absolute Experience as Oneness.

Oneness Knows only Oneness.

Oneness is One indivisible Whole

that is inconceivable and transcendent.

Only One is Here Now.

Silence is the Music of Eternity.

Oneness Truth is transcendent of thought

and alone direct Experience in Absolute Silence.

Oneness Silence

In Silence

in Stillness

All is Oneness Perfection

the Reality

of

the Eternal One Infinite

Self.

10

God is the Eternal One Truth.

Reality

The One ever Is

Absolute

Reality

indivisible

Whole

all else is but an illusion

and

unreal.

11

One Absolute Existence Alone ever Is

while everything and all that seems to be or exist

is an illusory appearance and a zero and nothing.

All things are an illusion and have no existence

except in illusion that has no real existence.

All things are a mirage that vanishes into the nothing

and no thing that it is—perception of water in a mirage

is a hallucination that is illusory experience

and but a trick of illusion.

Everything is illusory like a fleeting dream

dreamt by a phantom dreamer—everything is a zero and nothing.

Illusion is ever nonexistence

while Reality is ever Oneness Existence

Here in the Eternal Now.

Life and living are experience and all experience is conceptual.

The mind is a continuous stream of thought

in the continuum of Consciousness

where everything is an object to a subject I

where differentiation creates and validates personal identity

where separation is a fundamental condition of life

that in turn creates and perpetuates desire and fear.

Life and living and experience are ever changing

and ever contracted in a shroud of separation and limitation.

Everything that seems to be or exist is an object

and all objects are finite limited and changing

while Consciousness is formless limitless and unchanging

Oneness.

All objects are illusory mental creations and projections

based on the subject-object dichotomy

of *I-me-mine and the other*

while the One Reality Shines as Self Aware Existence

Absolute Consciousness.

Consciousness is the unchanging One Self

and all that appears and disappears, all that changes

is a fleeting impression and an illusory superimposition.

The One is the transcendent Unknown

and thus incomprehensible

so, some say that the One is a mystery

but this is wrong as the One is our very Self

to be Realized as Oneness Experience

transcendent of the ego body mind world cosmos

and all ignorance and illusion.

The One Absolute Alone ever Is

all else is but an illusion

a trick of the illusory mind.

Ever Abide in/as the One Reality and Self

Here in the timeless Now of Oneness Perfection.

12

God is the One and Only.

The One and Only ever Shines

as I in the Silence of the Heart.

The One God is Self-existent Self-evident Self-luminous Oneness.

The One Alone Experiences Itself by way of Itself.

Oneness Knows only Oneness.

The One Absolute is limitless in the Eternal Here and Now

of Oneness Perfection.

One Alone Ever Is.

The Oneness of God is so infinitely One and absolute

that the concept *One* fails to denote It.

The One is Absolute Oneness Experience.

God Alone Ever Is

Here in the timeless Now of Eternity.

13

We are either Present or in the mind.

When we are Present the mind is still and silent.

When we are Present

Here in the timeless Now

the mind dissolves.

Presence alone ever Is Here Now.

Presence is transcendent of the ego mind.

The ego mind can never enter the Here and Now.

When we are Present there is only Oneness

and Experience is transparent

and everything Shines as One Absolute Existence.

In the Silence of Presence all is Oneness Consciousness undivided and Whole.

When we are Present All is Naked

All is the Bliss of Peace Love Freedom.

The timeless Now of Presence is undivided Oneness.

The Bliss of Oneness Presence ever Is Here Now.

When we are Present the ego mind vanishes

and Experience is absolute.

When we are Present there is no ego or story

no past or future.

There is no past or future in the timeless Here and Now.

There is no individual no person in Presence.

The ego mind is the illusory past looking toward the elusive future and ever reactionary in the fleeting present.

The ego and its compelling story and compulsive ways vanish in the timeless Now of Presence.

Absorbed and lost in the illusory world of the mind we dream the dream of duality and separation.

When we are Present the mental trance we live in dissolves.

When we are Present the I-thought drops

and all conceptualizing along with it.

When we are Present we forget everything

and abide in/as Oneness Silence.

When we are Present the mind dissolves

and Absolute Consciousness remains.

When we are Present all is the Silence of Eternity.

When we are Present attention dissolves in its Source

Awareness Consciousness.

When we are Present we are mere Being.

When we are Present all is the One Light of Reality.

In Presence the human being dissolves.

In Presence we Wake from the dream of duality.

In Presence

All is the Absolute Silence of Oneness Perfection.

In Presence

we are Pure Bliss in the timeless Here and Now.

Presence Alone Ever Is

Oneness Presence

the limitless One I

the One Self and Reality

Alone ever Is

Here

in

the timeless Now of Eternity.

Presence is Awareness Being Here Now.

Absolute Awareness is the Silence of Presence.

Awareness of Awareness is Absolute Awareness.

Presence is the Infinite Eternal One Self.

Presence is timeless Oneness.

Presence is transcendent Oneness Perfection.

Presence is the One Absolute.

The Now of Presence is Oneness Perfection.

The Now of Presence is Absolute Silence.

The Now of Presence is Naked.

The ego mind vanishes in the Here and Now of Presence.

The Now of Presence is Oneness transcendent of the ego mind.

The dual mind can never enter the Oneness
of the Here and Now.

The Now of Presence is at once Emptiness and Fullness.

Presence is empty of the ego mind and all illusion
and full as Oneness.

In Presence there is no person.

In Presence there is no abstraction or contraction

no inner or outer or before or after

no ignorance or illusion.

In Presence we Wake from the dream of duality

to the One Reality that is the Infinite Eternal Self.

Abidance as Presence is abidance as the One Self.

Abidance as Presence is transcendent Oneness.

Abidance as Presence is Absolute Silence.

Abidance as Presence is limitless

Bliss Peace Love Freedom.

15

Being is our Eternal Nature.

Being merely Is.

Being is egoless and purposeless.

There is no individual or becoming in Absolute Being
that is pure Presence.

Merely Be transcendent of the ego mind.

Being is not cognition or sensation or action.

Forget name and fame—be nobody/no body.

Be formless and Free.

Being is Self Aware Bliss.

Being is Self-existent Self-evident Self-luminous Oneness.

Everything that seems to be or exist
is an illusory superimposition on Being.

Everything that seems to be or exist
appears and disappears in the continuum of Being.

Being is ever Here Now as Presence.

Being is the Stillness of Silence.

Abandon all thought and thinking and just Be:
not be this or that but merely just Be.

Merely Be and Oneness ever transcendent of thought
naturally reveals Itself.

Being is traceless transparency that is limitless.

Being Awareness Bliss is the Infinite I of the Eternal One.

When the false ego-I dissolves in Presence
the real I Shines, unveiled.

Being Awareness Bliss is Reality Experience that is Self Knowledge.

Mere Being is Reality Experience
while becoming is an imaginary journey in illusion.

Being Awareness Bliss is transcendent Oneness Perfection.

Other than Being Awareness Bliss nothing exists.

Being Awareness Bliss is limitless Omnipresence.

Being is ever Present—Being Is Presence.

Being is ever Present as Absolute Awareness

the Eternal One I that is limitless Presence.

Being what one already Is is effortless.

Being is purposeless and ever Free.

Dive deep into the *Ocean* of Oneness by merely Being:

Be the Absolute Bliss of Oneness Perfection.

Be Present.

Be ever Present and Free!

Mere Being Is Bliss

The Bliss of mere Being

the One Self

is

absolute and limitless.

One Who Merely Is

The One Self

is

pure Is-ness

limitless Being

an

Absolute Existence

so

one who merely Is

naturally abides

as

That.

Peace

The Silence

of

mere Being

is

Perfect Peace.

Simplicity

The Simplicity

the Silence

of

mere Being

an

Absolute Existence

unbearable for the ego

is

transcendent

Bliss.

16

Transcend the mind

by merely Being and purely Seeing.

To be without reaction is mere Being

and to see without reaction is pure Seeing.

Mere Being is Absolute Existence

and pure Seeing is Absolute Awareness.

Mere Being pure Seeing

is Absolute Existence Awareness Bliss.

Mere Being pure Seeing

is the limitless One Self and Reality.

Mere Being pure Seeing is Absolute Oneness Experience.

Mere Being pure Seeing is Oneness Perfection.

Mere Being pure Seeing is our natural state.

Mere Being pure Seeing is Here Now.

Mere Being pure Seeing

transcends the illusion of separation.

Becoming seeking striving and attaining
are an imaginary journey in illusion.

Mere Being pure Seeing is transcendent Presence

in Absolute Silence.

Be ever Present—Naked and Free!

Being is ever Present—Being is Presence.

Being is ever Present as Absolute Awareness

the Eternal One I that is limitless Presence.

Being what one already Is is effortless.

Being is purposeless and ever Free.

Dive deep into the *Ocean* of Oneness by merely Being;

Be the Absolute Bliss of Oneness Perfection.

17

All is Wonder and Pure Joy in Love.

Love is the One underlying Reality

of everything and all that seems to be or exist.

Eternal Oneness Embrace

The One Beloved

is

Oneness Love Bliss

ever

One with the Lover

in

Eternal Oneness Embrace.

Love Is Eternal

Love is Eternal

the One Source

the Eternal Beloved

and

One Heart

our undercurrent and trust

the fountain in our garden

the reason why

the spring in our step.

Love is Eternal

the One Absolute

the Eternal Reality

and

One Self

ever Oneness Bliss

ever Supreme.

The One Beloved

The Beloved

transcendent

Oneness Perfection

ever dwells in the human heart in secret.

Beauty

Beauty

like

Love and Silence

is

the One underlying Reality

and

Omnipresent

noticed or not.

The Beloved Is Ever Here

The Beloved is ever Here

a Holy Fire

of

Oneness Love

the Annihilation of the lover.

The Beloved is ever Here

in

the Eternal Now

of

Oneness

the lover a mere dream!

Pure Love

Pure Love gives

and

never asks

never wants

is

ever silent and pristine

ever

Oneness Supreme.

Oneness Perfection

Love is Oneness

and

Oneness is Love

an

Absolute Existence

Oneness Perfection

Eternal Bliss.

18

The Heart is God's Eternal Abode.

The Heart is the limitless Kingdom of the One.

The Heart is the One Self.

The Heart is the One I that is the Eternal Reality and Self.

The Heart is Love.

The Heart is Bliss.

The Heart is Peace.

The Heart is Free.

The Heart is Beauty.

The Heart is Grace.

The Heart is Oneness Perfection.

The Heart is our eternal Home.

The Heart ever Shines in the transcendent Here and Now

of Oneness Perfection.

The Heart is a *Mirror*.

The Heart is the Bliss of limitless Freedom.

The Heart is Absolute Silence.

The Heart of Existence is the One Source

from which everything springs and returns

The Heart is the Abode of the eternal One Beloved.

The One Beloved is the Heart of the Lover.

The One Beloved listens only to the Music of the Heart—Love.

Absolute Beauty ever Shines in the One Heart.

Oneness Love is the Heart of Existence.

Perfect Peace is the Heart of Oneness.

Limitless Grace is ever flowing from the Heart of Oneness.

When we look into the Mirror of the Heart

we See Oneness.

Until we forgive and forget everything

we will not live in/as the One Heart.

To the extent we dive in the Heart

we experience the Bliss of Oneness.

Silence is the Heart of Existence Awareness Bliss.

The Self is the Heart of Awareness.

The I AM is the Heart of the One Self.

The Heart is the Gateway to Oneness Love.

The Eternal One Heart

We are ever One

only One

for

everything

that seems to be or exist

is

interconnected intermixed

as one totality,

so

whether

formless as the One

or

with form

we are never apart

for all

is

Oneness

the

Eternal

One Heart.

I AM

ever formless

the Eternal One Infinite

as you are

for all is One

only One

and

we are never apart

yet

when we err in thought

we seem separate

mutable as form

but

when we See the Light of Oneness

we Know

whether

formless or with form.

we are never apart

for we are ever

the

Eternal

One Heart.

19

Compassion is our natural state.

Compassion is deep sympathy

in the form of empathy and heartfelt care

for those who suffer and is the natural urge

to alleviate suffering.

Compassion is not pity which is a mere superficial sentiment.

Compassion springs from the Heart.

Compassion springs from the knowledge

that there is only One / Oneness and a shared humanity.

Compassion and love are like the sun that shines on all.

Compassion springs from the knowledge

that all act in ignorance in illusion.

Compassion springs from the knowledge

that all is programmed and predetermined.

Compassion and mercy and love and kindness coexist as one.

Compassion is willing to sacrifice for another.

Compassion is aligned with Oneness Love and Peace.

Compassion is innate and universal though obscured by ignorance.

Compassion is the finest quality of humankind.

Compassion is aligned with right action and virtue.

Compassion is consciously resorted to instead of negativity.

Compassion for all life and the world

springs from the Eternal One Heart.

Blessed are the compassionate and those benefitted.

There is nothing to accept and nothing to reject.

Be Free, knowing everything to be nothing.

There is nothing to attain

as Oneness Perfection is already our Eternal Nature

and Real Identity.

Free of the ego mind, effortlessly abide as That Here Now.

There is nothing to do or be

as we are already effortlessly transcendent Perfection.

It alone is ignorance that binds and keeps us in illusion

so merely

Be

transcendent and Free.

In Reality there is nothing to do or be
while in illusion there is everything to do and be.

We are the One Unborn

ever transcendent of the ego body mind world cosmos.

All seeking all striving all desire and fear

veil and bypass Oneness Reality that ever Is

Here and Now.

Know Oneness everywhere in everything.

The ego ever hungry for justification and victory

resists the egoless thought-free Here and Now.

But upon reaching a point of deep insight

by the Grace of the One,

belief and faith in the ego-I falters

and we turn from the darkness of ignorance in illusion

to the Light of the One Reality and Self.

There is the illusory time of a watch

and movement of the earth and sun

but it is something transient and not overbearing

and we no longer live in the past or for the future.

As nothing happens in the timeless Here and Now

there is nothing to attach to or resist

and we realize that things happen only in the illusory world

of the ego mind

and that events and experiences are a mind creation and projection

maintained by belief and faith.

And foremost we realize

that in the Here and Now of Reality

Absolute Oneness Perfection Reigns!

21

Which came first, the seed or the tree?

This is an existential question that comes from the mind.

There is no true conceptual answer

to any existential question.

The answer or Truth alone is in Silence.

Why do I exist? Why does all this exist?

These are existential questions that come from the mind.

There is no true conceptual answer

to any existential question.

The answer or Truth alone is in Silence.

Who am I?

This is an existential question that comes from the mind.

There is no true conceptual answer

to any existential question.

The answer or Truth alone is in Silence.

What is real? What is illusion?

These are existential questions that come from the mind.

There is no true conceptual answer

to any existential question.

The answer or Truth alone is in Silence.

We all have come up with various answers

to various existential questions but there has never been any

one evident and certain conclusion

because there are no true conceptual answers

to existential questions.

The answer or Truth alone is in Silence.

Some say Existence is a mystery

but this is a conceptual conclusion that misses the mark

because there is no true response

to any existential quandary.

The answer or Truth alone is in Silence.

The *key* to any existential puzzle or dilemma

is Consciousness.

When the mind is still and silent or dissolved

only the Silence of Consciousness

the One Reality and Self

remains.

We are the Silence of Consciousness

Oneness Truth

and the answer to any existential question.

Truth alone is in Silence and never in the ego mind.

All existential questions

all longing and search for Truth and Knowledge

ultimately bring us to Silence transcendent of the ego mind.

Truth ever Is

Here in the timeless Now

of

Absolute Silence.

22

The One Absolute is limitless Silence.

Silence is the Eternal Nature of the One.

Silence ever Reigns

in the Eternal Here and Now of Oneness.

Silence is the Heart and Revelation and Signature

of the One Reality.

Silence is the prerequisite for Reality Experience

Self Realization and Liberation.

Silence is the *language* of Oneness.

Silence is the transcendent *Voice* of Oneness Truth.

Silence is the Eternal *Music* of Oneness Reality.

Silence is the soundless *Sound* of Eternity.

Silence is Oneness Truth.

Silence is Oneness Knowledge.

Silence is Oneness Perfection.

Silence is the One Reality.

Reality alone is Experienced in Silence and conveyed by Silence.

Only that which is given and received in Silence is Real.

Silence is the One Self.

Silence is our Eternal Nature and natural state.

Silence is Absolute Awareness Consciousness.

Silence is limitless Being.

Silence is the Bliss of Oneness.

Mere Being is Absolute Bliss in limitless Silence.

Silence is transcendent Peace.

The Perfect Peace of Silence is ever transcendent of the ego mind.

Silence is the limitless Heart of Love.

Silence is transcendent Freedom.

Silence is an *Ocean* of Stillness.

The Absolute Stillness of Silence is the Peace of Oneness.

The motionless mind is the Stillness of Silence.

Silence is Emptiness as no mind and Fullness as Oneness.

Silence is Nirvana.

Silence is Holy.

Silence is Naked.

Egoless we are in our natural state of Silence.

Silence is transcendent of the ego mind.

The conceptual noise of the ego mind veils the Truth of Silence.

Thinking about That which is beyond words and conception
is a detour and distraction that postpones
Reality Experience in Silence.

Silence is Oneness Truth that is Absolute Knowledge.

Truth alone is in Silence—Knowledge alone is in Silence.

Silence alone is the true answer
to every existential question and quandary.

Silence ever Is Here Now.

The Here and Now of Oneness Silence
is transcendent of the ego mind.

We alone abide as Presence
in the Here and Now of Absolute Silence.

It is essential to realize that Silence is the Eternal Nature

of the One Reality and Self.

It is essential to realize that abidance in/as Oneness Silence

is Reality Experience that is Self Knowledge.

It is essential to realize that Silence

is the One underlying Reality

of everything and all that seems to be or exist.

It is essential to realize that Silence

is the formless limitless immutable indivisible continuum

in which everything and all that seems to be or exist

appears and disappears.

Many love the quiet of nature
and the stillness of a night under the stars
and the silence of a sacred place and so on
but the Silence of Oneness can never ever be conceived
or found in spacetime or beyond.

The Silence of Oneness is transcendent
of the ego body mind world cosmos.

It is essential to realize that abidance in/as Silence

is real worship devotion and love.

Silence will ever be a mystery to the ego mind

yet is ever Here in the Eternal Now of the One Self.

Absolute Silence

is

the Voice of Truth

the Language of Oneness Perfection

the Music of Eternity.

Unmoving Oneness

Undulating moods

the up of euphoria

the down of depression

alternating expansion contraction

ever fluctuating

on the rolling landscape of the mutable mind

while

Oneness

ever unmoving

Perfect Peace

is

the Absolute Stillness

of

Silence

Here Now.

Absolute I AM ever Is.

Our one direct Experience in life is our immediate sense

of Existence and Awareness of Being

the absolute Knowing that *I exist, I AM*.

This Knowing Awareness

is Self-existent Self-evident Self-luminous

and an absolute certainty.

Absolute I AM

is an ever-present constant in life

and a deep undercurrent in all experience.

All Absolute Experience is direct nonconceptual nondual and pure.

Along with the pure core-experience I AM

is the primal I-thought

the original and root thought

from which all other thoughts spring.

There is a continuous stream of thought

and an absorption in the ego I-thought

that distracts us from merely just Being

and in our ignorance

we misidentify the I with the ego body mind

as *I am the body* and *I am this* and *I am that*

thus, overlooking the pure nonconceptual Absolute I AM.

Abide as the One Absolute I AM

Here Now

transcendent

of

the I-thought and all ignorance and illusion.

24

The One is Absolute I AM.

Absolute I AM ever Is.

I Alone AM Here Now.

Absolute I AM

the original signature of the Nameless One

eternally Shines in the Here and Now.

The I in I AM is Infinite and Eternal

and the AM in I AM is Absolute Existence

that is limitless Being.

I AM is the Absolute Power and Manifestation of the One.

I AM is the primary and fundamental principle of Manifestation.

I AM is Absolute Reality Experience that is Self Knowledge.

I AM is the Eternal *Jewel* of the One Reality and Self.

I AM is limitless Omnipresence.

I AM ever Here in the Eternal Now of Oneness.

Who is Here? I AM. Who is Present? I AM.

I AM limitless Presence in the timeless Now.

The One Absolute is I AM I AM.

The Eternal One Infinite alone is I and what the One Is, I AM.

I AM the One Reality and Self.

Absolute I AM is our Real Identity.

The One Self is Absolute I AM

transcendent of the ego body mind.

Absolute I AM springs from the Eternal One Infinite I

that is the One Self and Reality.

Absolute I AM is nonconceptual pure and nondual.

I am the body and *I am the mind are false assumptions*
that are illusory superimpositions on I AM.

The ego I-thought is based on dual subject-object relativity
that springs from identification with the body.

Absolute I AM is limited and distorted

by identification with the ego body mind.

The false assumption *I am this* and *I am that*

springing from ignorance

creates and projects all illusion.

I AM is Oneness Perfection

while the ego body mind

is

the Veil of Illusion and the Shadow of the One.

I AM

I AM

is

My Original Signature

My Power

and

Manifestation.

I Alone AM

I Alone Shine

Here Now

in

Oneness Perfection.

25

The Eternal One Infinite

alone is I and what the One Is, I AM.

The One is Absolute I AM—the One Self and Reality.

I AM ever Here in the Eternal Now of Oneness Silence.

I AM ever Here in the Eternal Now of Oneness Perfection.

I AM Absolute Being Awareness Bliss.

I AM Self-existent Self-evident Self-luminous Oneness.

I Alone AM.

The Eternal One Infinite Reality is both Emptiness and Fullness.

The One is Empty as no mind / no thing and Full as Oneness.

From the One springs a zero.

From the One springs the illusory infinitude

an endless vibrating interconnected intermixed multiplicity

endlessly multiplying itself in endless variation to Infinity

that is but a zero and nothing

Oneness Alone ever Is

all else is but an illusion and a zero and nothing.

The One is the Source Substratum Substance

of the infinitude

while the infinitude is an illusory superimposition

and but a zero and nothing.

The infinitude is one interconnected intermixed totality

with everything absolutely relative

to the point of being canceled and a zero.

The infinitude is the Veil of Illusion and Shadow of the One

and but a zero and nothing.

All illusion and all shadows are a zero and nothing.

The infinitude is mere foam

on the boundless *Ocean* of Being that is Oneness Existence.

All forms and beings are finite contractions

in the formless One Being.

The One is the boundless *Ocean* of Being

in which everything and all that seems to be or exist

are mere bubbles and waves that appear and disappear.

The *Ocean* of Being is ever One and indivisible

and its depths ever unmoving and unchanging.

From the limitless One Being
an endless multiplicity and diversity of finite forms and beings spring
like the one light of the sun passing through a prism
and becoming separate and dispersed as rays.

Finite forms and beings
are ever changing and generating more finite forms and beings
ad infinitum.

Limitless Being is the One Self and Reality.

Being is Self-existent Self-evident Self-luminous Oneness.

Being is not action nor is it dependent on action

nor is it thought or an abeyance of thought

nor is it sensory perception or experience.

Being is not dependent on the body or mind

indeed, without Being there is no body or mind or life.

Being is formless limitless immutable indivisible Oneness

transcendent of the ego body mind world cosmos.

There is no Being without Awareness

and no Awareness without Being:

Being and Awareness are One and indivisible.

That which ever Is is Bliss and absolute.

Self Realization is the dissolution of the human being

and the Absolute Shining of Being.

I AM

transcendent Freedom in the Eternal Here and Now

of

Oneness Perfection.

I AM Oneness

I AM

Absolute Oneness

Existence Awareness Bliss

formless limitless immutable indivisible

the

One Reality

ever

Here

Now.

The One and The Zero

The One

is

not an object

and

an object

is

not

the One

so

an object

is

nothing

but

a

zero.

Be Free of the ego mind—Be Free, always.

The bird flies in freedom.

There is no need for words and ideas

because the One Self Power is limitless.

Fly thought-free in the limitless *Sky* of Consciousness;

when there is ego mind

instantaneously there is captivity in the Cage of Illusion.

Consciousness—the One Reality and Self

is Absolute Freedom

transcendent of the ego mind.

Only when the ego mind is Annihilated
is there final Liberation from the Cage of Illusion.

Freedom ever Is

Here in the transcendent Now of Oneness Consciousness.

Deep meditation is abidance as Oneness Consciousness

in transcendent Freedom.

Abandoning contemplation and concentration Be Free.

Oneness Consciousness is deep meditation that is our natural state.

In deep meditation

there is no dual subject-object relativity

only the Silence of Oneness Consciousness.

That which Shines before and after every thought

is the Silence of Oneness Consciousness.

The One Self Shines

in the timeless Here and Now of deep meditation.

The One Self is transcendent Freedom.

Knowing everything to be an illusion One is Free!

Transcendent Freedom

I AM limitless Freedom

ever

transcendent

ever

desireless

ever

fearless

ever

Oneness Perfection

Here Now.

27

One Absolute Power Alone ever Is.

The One Power

is limitless immutable invincible indivisible Oneness.

The One Power

is Self-existent Self-evident Self-luminous Oneness Perfection.

Oneness Knows only Oneness.

The One Power

is the One Source Substratum Substance

of everything and all that seems to be or exist.

The One Power

makes everything and all that seems to be or exist

evident and possible

and is the One underlying Reality.

The One Power

is

Existence Awareness Bliss

the transcendent One Reality and Self.

Existence Awareness Bliss is the One Absolute.

The One Power

is

the Creator of Illusion

that is the Manifestation of the One.

The Almighty is the Creator of the infinitude

that is the Veil of Illusion and the Shadow of the One.

The Creator creates and projects all illusion and makes it seem real.

The One Power

is

Grace

that is the Manifestation of the One.

Grace is the Power and Play of Oneness Truth and Perfection.

Grace Awakens and Liberates all from the Dream of Illusion.

The Creator and Grace are unfathomable Manifestations

of the One Power.

Grace

the Power of Oneness Truth and Perfection

and

the Almighty Creator

the Power of Illusion

are coexistent and intertwined as the Manifestation of the One.

The Manifestation of the One

is the powerful Play of the Creator and Grace

with Grace ever surpassing Illusion

as the One underlying and preeminent Reality.

Grace is Oneness Truth and Perfection

while the Creator's infinitude

is the Veil of Illusion and the Shadow of the One

that is but an illusory superimposition

and a zero and nothing.

Grace is the One Light of Truth

while Illusion is the darkness of ignorance.

Grace and Illusion are the play of Light and darkness.

Grace ever Is

while Illusion appears and disappears

along with the illusory mind and infinitude.

By Grace alone we escape Illusion and all ignorance

to Wake as the One Self and Reality

Existence Awareness Bliss.

Complete trust and surrender to the One

alone is by the Grace of the One.

Our dissolution by the Grace of the One is the unveiling of Reality.

One Power Alone ever Is

Here in the transcendent Now of Oneness Perfection.

Absolute Power

Diaphanous

The One and Only ever Is

Absolute Power

formless

limitless

immutable

indivisible

Here in the Eternal Now of Oneness Perfection.

28

Grace ever Is Here Now.

Grace is ever immanent ever *flowing* ever preeminent

Grace is ever flowing from the Heart of Existence

that is the infinitely luminous and ever Shining One I

the Eternal One Self.

Grace is ever Here in the timeless Now of Eternity.

Grace is the limitless Power and Manifestation of the One.

Grace is the Awakener and Liberator.

Grace Wakes us from the dream of Illusion.

Grace Liberates us from the ego mind and all ignorance and illusion.

Grace is Oneness Truth and Perfection.

Grace is Bliss Peace Love Freedom.

Grace is the One Self—our Guide and Beloved.

Grace and the Guide and Self and Beloved

are One and the same.

Association and alignment with Oneness Truth is Grace.

Grace is the One Heart.

It is when our heart is wide open
or when we are completely relaxed or least expecting it
that Grace takes hold.

Grace guides protects heals purifies and quickens wisdom.

All true spiritual guidance and blessing is Grace.

All that is truly auspicious is Grace.

All that purifies is Grace and all that destroys the ego mind is Grace.

Grace comes in the form of the spiritual Guide.

Grace may assume form and name to be visible and accessible
to devotees and the seekers of Truth.

Association with the Realized Liberated and Illumined
is invaluable but it is the One Self Who is our ultimate Guide
and Beloved.

Grace is absolutely essential for Realization and Liberation.

Grace *burns* and Annihilates the ego mind

thus, destroying the Veil of Illusion.

Grace reveals attunes and aligns one

to Oneness Truth and Perfection.

Grace is unfathomable.

Grace ever Is

Here in the transcendent Now of Oneness Perfection.

Everything and all that seems to be or exist

vanishes in the Absolute Silence of Oneness Truth.

Grace ever Is Here Now

Grace ever Is

eminent

preeminent

Oneness Perfection

ever flowing

ever Supreme Blessing

Here and Now.

Hand in Hand

Grace is the Beloved

ever walking with us

hand in hand

in

Oneness

Truth and Perfection.

29

Mental impressions and inclinations seek manifestation.

Mental impressions and inclinations

keep the *Wheel of Karma* spinning.

Karma is action and reaction and retribution.

Mental impressions and inclinations create and sustain

the illusory world of the mind.

Some things make an impression
that leaves an imprint on the mind.
These impressions become inclinations
in the form of desires fears attachments
preferences habits actions reactions and so on
that form a unique personal individuality and life.

Impressions are countless and are either active or dormant.

Inclinations are predispositions

that become automatic reflexes that in turn become patterns.

Impressions and inclinations seek manifestation

and are the fuel that drives us and our life in the world.

Impressions and inclinations keep the ego mind active

and conditioned and are good neutral or bad

the good being selfless and auspicious

and the bad being selfish and inauspicious.

The mind is the creator and projector

of *vicious circles* and cycles that are like spinning wheels

and so long as the ego assumes itself as the agent

of experience—as the doer and owner—it is entrenched

in the cycle of karma

ever spinning its *wheels* in ignorance and illusion.

Spin is fundamentally at the foundation
of why everything is the way it is and works.
That which holds all things together also drives them into motion
and this fundamental spin to things allows energy to move freely
throughout all forms and in all systems in the cosmos.
The fundamental force of momentum forces things to spin:
the force of spin is embedded in all things.

Our actions and reactions

spurred by impressions and inclinations

keep us spinning on the *Wheel of Karma*.

The egocentric under the spell of ignorance and illusion
are like a dry leaf whirled round and round and all about
by the wind of impressions and inclinations.

Stop the ego mind from spinning its web of illusion
by Being Present in the transcendent Here and Now
of Oneness Silence.

Impressions are karma

that create more impressions and karma.

Impressions are like genetic imprints—genes are karma.

Karma is both action and reaction.

Karma is the result or consequence

of actions and reactions and motives.

Karma is balance and justice.

Karma is the natural *physics* of life and the law of nature.

All that we do comes back to us:

As we sow, so shall we reap is a natural law.

What we give returns to us and what we withhold is taken from us.

For every action there is a reaction;

action and reaction are coexistent and coordinate as one.

In ignorance we react and act in reaction.

Action and reaction spring from dual subject-object relativity.

Action and reaction bind us and keep us spinning
on the *Wheel of Karma*.

Karma is the Play of Illusion and Grace.

Grace and Illusion are the limitless Power and Manifestation

of the One and coexistent.

Grace is the Play of Oneness Truth and Perfection

in Illusion's infinitude

that is the Play of ignorance in illusion.

Illusion is action and reaction

the karmic *mover and shaker* of the infinitude.

In the Creator's Play of ignorance in Illusion

the Creator is the *Karmic Lord* of returns and retribution.

Grace coexistent with Illusion

is karmic balance and justice and mercy.

Grace purifies and heals and quickens compassion and wisdom.

All impressions and inclinations and karma

are burned and dissolved by Oneness Grace.

It alone is Grace that Liberates all

from the spinning *Wheel of Karma*.

Ever Free

The One Self

Ever Free

of

impressions inclinations

actions reactions

karma

is

Absolute Peace.

30

The One is the One and Only Truth.

Oneness alone is Truth—all else is untruth

and a zero and nothing.

Oneness Truth is Here and Now.

Oneness Truth alone is in Silence.

Oneness Truth is the One Absolute.

Oneness Truth is Reality.

Oneness Truth is ever unchanging.

Oneness Truth is the One Self.

Reality is the Truth of the Self.

There is no refuge other than Truth:
when we disown untruth we stand as Truth Itself.

Oneness Truth is Reality Experience that is Self Knowledge

in which both ignorance and knowledge dissolve.

Oneness Truth is Omnipotent Omniscient Omnipresence.

Oneness Truth is transcendent of the ego body mind world cosmos.

Oneness Truth is never what is thought of it.

The ego mind can only obscure and veil Truth.

We betray and overlook Truth by seeking for it outside the Self.

Oneness Truth is transcendent of all truths and facts.

That which is other than Oneness Truth is nonexistent.

Oneness Truth is transcendent Knowledge.

Direct Experience of Oneness Truth is Absolute Knowledge.

Oneness Truth is nonconceptual Knowledge

and never an object of knowledge.

Knowledge that is free of dual subject-object relativity
alone is real and absolute.

One who truly Knows knows there is nothing to know.

Conceptual knowing and knowledge is unreal as is ignorance.

Conceptual knowing and knowledge

is based on subject-object relativity

that is subjective experience and an illusion and a zero and nothing.

Conceptual knowledge

is knowledge of the ego body mind world cosmos

while nonconceptual Knowledge

is Oneness Truth in transcendent Silence.

Ignorance is the perpetual shadow of conceptual knowledge.

Ignorance is the unknown while knowledge is the known

both dual coexisting opposites that are relative.

Ignorance in illusion ever spins the web

of illusory conceptual knowledge.

Ignorance of Oneness Truth is the source of all error

confusion conflict vice suffering and so on.

Worthy knowledge is knowledge that is discerning

and frees one from both knowledge and ignorance.

Worthy knowledge is like the thorn

used to remove another thorn painfully imbedded in flesh

as it discerns the real from the unreal, truth from untruth

pointing one beyond the ego mind

to Oneness Truth that is Absolute Knowledge.

Alignment with Oneness Truth

is a prerequisite for Freedom from all ignorance and illusion.

Honesty is aligned with Oneness Truth

and is a prerequisite for genuine integrity

and an auspicious and good life.

Oneness Truth destroys the ego mind

and all ignorance and illusion.

I AM the One and Only—the Eternal One Truth.

Oneness Truth ever Is

Here in the transcendent Now of Silence.

31

Discrimination is a tool used to discern

the real from the unreal.

Discrimination between the real and unreal, the Self and non-Self
brings one into complete alignment with Oneness Truth.

The one who discerns that which is true
from that which is false and turns from Illusion to Reality
from darkness to Light
is qualified for Realization and Liberation.

Devotion and love for Truth are the means
for right discrimination and the turning to
and alignment with the One Light *within* that frees one
from all that is false and untruth.
The clear recognition and conviction that the One is Real
and the ego body mind world cosmos unreal
is right discrimination.

Renunciation and Realization are akin:
when all that is non-Self is renounced only the Self remains.

Abidance in/as the One Self
is automatic renunciation and abandonment of all that is non-Self.

Renunciation negates while abidance affirms
yet both lead to Realization.

Right action purifies the mind

but does not lead to Self Realization.

Realization proceeds from right discrimination

and higher reasoning and not by action of any kind.

Action does not lead one to freedom from illusion

whereas Realization is Freedom.

Clear recognition and conviction proceeds

from right discrimination and higher reasoning

and not from action.

By higher reasoning the *rope* of Reality

is discriminated from the *snake* of Illusion;

by way of discernment the reality of the rope

is discriminated from the illusion of the snake.

Under the *lens* of higher reasoning

and in the impersonal One Light of Awareness

all obscure emotions and motives and mental modes

are exposed and clearly known.

Awareness—the One Witness Seer—exposes and Sees all

to be clearly observed by the higher intellect.

All ego mind movement is Witnessed

and when detached one clearly sees and observes

without bias and in all honesty.

The Light of the One Witness Seer burns the ego mind.

It is an illusory dream and dreaming of the mind that is Witnessed.

The root belief from which all other beliefs spring is:

I am the body—I was born and will die.

This primal belief based on misidentification

springs from ignorance and is immensely powerful

and holds most in its sway.

All bias in the form of beliefs judgments negativity and such

color and distort perception and experience.

Higher reasoning is not based on preconception

and thus, is unbiased.

It takes time to divest oneself

of all the layers of blind beliefs and biased judgments

and reactionary opinions and so on.

These layers are a dense dark ignorance

that creates *stupid sheep* in a conditioned world.

Only earnest and honest investigation

based on the longing for Truth and Freedom

will deconstruct the layered structure of ignorance in illusion.

Going to the root of ignorance—the ego—will solve all puzzles

and unravel all tangles and unburden unbind and Free one.

Criticism judgment and negativity are fundamentally worthless.

Unbiased observation and reasoning and self-honesty
frees one from ignorance.

One who clearly discerns the Self from the non-Self

Reality from Illusion

knows the ego mind to be the source

of all ignorance delusion and illusion

and thereby lives Free of the ego

and all unnecessary thinking and action.

Discrimination between the true and the untrue

along with a clear comprehension of the nature of desire and fear

is our *spiritual backbone*.

But it is love for Freedom that establishes one in Oneness Truth.

Regard and discard everything as untrue and unreal

until the illusory mind dissolves

and

the Absolute Silence of Reality Reigns.

Attention is a pointed mental focus on an object.

Attention rises from Consciousness

as a pointed mental focus on an object.

When attention is not directed and focused on an object

it relaxes and dissolves in its Source—Consciousness.

Attention needs the support of an object and intention

otherwise it dissolves in Consciousness.

Attention focused on an object is an energetic contraction

and an illusory superimposition on Consciousness.

Attention as a directed mental focus on an object

is either one-pointed or wavering.

Attention as focus is directed by intention to an object of interest

external or internal

and is a conscious mental action.

Attention is a conceived seeming of stretching to an object

other than the subject I

and thus, dual relative experience that is subjective.

Everything perceived is an object and objective to attention including all mental and sensory phenomena.

Everything and all that seems to be or exist is an object.

Attention is perception that thought takes hold of as experience

that is dual relative subjective and unreal.

When attention is directed and focused on

an external or internal object

the conceptual perceiver-perceiving-perceived triad

comes into play.

Attention and intention, combined, are focus

but intention commands attention.

Attention and intention and focus

are coordinate and conjunct as one

and an energetic contraction involving strain.

Attention springs from Consciousness

as pure perception until intention directs it as focus

to an object via thought;

initially there is immediate pure perception

until thought takes hold as experience.

Attention as conscious focus emerges via the brain and senses

as objective perception that in turn is formulated

as *form and name* by thought that in turn

becomes dual relative experience that is subjective.

Attention is based on the dual subject-object relativity of thought

the mind

but when the mind turns *within*

attention subsides and dissolves in Consciousness.

Attention is neutral

while interest / intention is the power / force

that determines and directs the quality of focus.

When interest / intention ceases

attention automatically dissolves in Consciousness

without an object to focus on.

Attention intention and focus

are vague and wandering in infancy

but develop to a *norm* level of sharpness for functioning in life

and the world.

Life and living are based on attention intention and focus;

without attention intention and focus

there is no individual or experience or life.

Introvert the mind:

introversion is the state of non-attention

in which the mind subsides and dissolves in Consciousness.

Introversion of the mind is Absolute Consciousness

the One Self

that is pure Presence.

Presence is ever Here Now as the limitless One I.

The mind turned inward is Absolute Consciousness

and turned outward the ego body world cosmos.

The ego via the I-thought is the agent of attention and experience

and the assumed doer and owner.

When the ego-I has no interest no desire no attachment

it automatically and effortlessly returns to its Source

Consciousness

the One Self that is the real I

ever transcendent of the ego mind.

When attention rises from Consciousness

as interest / intention focused on an object

Consciousness—the One underlying Reality—is obscured.

When attention dissolves in its Source—Consciousness

the ever-existent One Reality Shines.

Consciousness is objectified by thought but this is an illusion.

Attention and thought appear and disappear

in Consciousness and are but an illusory superimposition

while Consciousness remains ever the same

as immutable and indivisible Oneness in Absolute Silence.

Attention and intention are the antithesis of Oneness Presence

ever Free of intention and purpose.

Presence is Absolute Consciousness

Oneness Bliss

Here in the timeless Now of limitless Silence.

33

Consciousness plus perception plus thought is experience.

Everything and all that seems to be or exist
is an illusory superimposition on Consciousness
such as, perception thought experience and so on.

Consciousness is the One underlying Reality
that makes everything and all that seems to be or exist
evident and possible.

All perception is instant
prior to thought
and initially pure until thought takes hold
as dual experience that is relative.

Thought is based on dual subject-object relativity
and thus, projects experience
that is dual and relative and subjective
while perception in its first instant
is direct pure and absolute.

Perception that is direct and pure

Here and Now

is Absolute Experience

transcendent of thought.

Perception tainted / colored by thought

is indirect impure experience

that is dual relative subjective and unreal.

Conceptual perception and experience

are indirect impure dual relative subjective and unreal.

Perception owned by the ego via thought

becomes conceptual experience that is unreal.

The ego is the I-thought that is the primary/root thought from which all other thoughts spring.

The ego is an abstract mental construct created by thought and sustained by memory.

The ego is a contraction and the centric drive / force of thought.

Conceptual experience is based on dual subject-object relativity

and thus, indirect and unreal.

Dual subject-object relativity creates the illusion of separation.

Conceptual experience is subjective and illusory.

All thought driven experience is temporal and ephemeral.

Conceptual experience can be objectified and analyzed

labeled and categorized.

Conceptual experience is an illusory superimposition

on Consciousness.

Conceptual experience obscures Oneness—Illusion veils Reality.

Nonconceptual Perception and Experience

are direct pure nondual absolute and real.

Pure Perception is direct

prior to and transcendent of the ego mind.

Pure perception is Here Now.

Pure perception is Absolute Awareness Consciousness.

Pure perception is Absolute Experience.

Direct nondual Experience is absolute.

Absolute Experience is Here Now

transcendent of the ego mind.

Absolute Experience is Oneness—Reality.

Oneness Experience—Reality Experience is in Absolute Silence.

Consciousness is the one constant in all experience

and the continuity in the world of experience.

Repeated experience of any same one object is never identical

each experience of the same one object is unique / singular.

The ego body mind world cosmos is ever changing

yet all experience shares one unchanging commonality

Consciousness.

Everything and all that seems to be or exist

appears and disappears in Consciousness

the One underlying Reality.

Consciousness is ever unchanging Oneness that Alone ever Is.

It is in the direct open and genuine meeting of experience

that *Truth comes to Light* and there is a natural outcome.

Interacting with motive or an agenda is artificial and *off the mark*.

Nonreactive and without motive one is pure and Free.

Established in the Here and Now one is transparent and traceless

Oneness.

Pure Perception and Absolute Experience are ever transcendent

of the ego mind

Here and Now.

34

All reaction is personally stamped by the ego.

Reaction is a prime tool of Illusion.

Reaction distracts us from Presence and Oneness.

Reaction is the antithesis of Oneness Freedom.

Reactionless one is transcendent Oneness Freedom Here Now.

Reaction and action keep us spinning on the *Karmic Wheel*.

Reaction and action are essentially based on desire and fear

in the relativity of duality.

In ignorance we react.

We act in reaction and react in action.

Reaction is an automatic reflex

that keeps us in the illusory world of the ego mind.

Mental impressions and inclinations move us to react and act.

Reaction springs from the ego mind

as dynamic differentiation and separation.

Reaction is the ego in action as desire and fear

as the judge and critic and so on.

Reaction takes the form of like and dislike and ideation and emotion

and so on.

Opinions and likes and dislikes are conditioned biased reactions.

Reaction via attraction repulsion association preference belief

creates colors distorts experience and binds us.

All live in the world according to preconceived ideas
that color and distort experience.

All live biased on a tangent based on differentiation
that creates separation and conflict.

All are conditioned and ignorant, living in a world of illusion.

Reaction binds us in a web of illusion.

Reaction is a mark of ignorance in Illusion.

35

Reality ever Is while Illusion is ever nonexistent.

Reality is the One Absolute.

Reality is Self-existent Self-evident Self-luminous Oneness.

Reality is ever Here Now.

Reality is Absolute Existence Awareness Bliss.

Reality is formless limitless immutable indivisible Oneness.

Reality is Oneness Experience that is Self Knowledge.

Reality is the One Self—our Real Identity.

Reality is the Eternal Truth of the One Self.

Reality is Oneness Perfection.

Reality is the Eternal Heart of Oneness.

Reality is transcendent of the ego body mind world cosmos.

Reality is Oneness devoid of dual subject-object relativity

ever transcendent of all thought and words and illusion.

Reality is beyond the world beyond virtue and vice

beyond spacetime beyond everything that seems to be or exist.

Reality is transcendent of the cosmos and cosmic.

Reality is Absolute Silence transcendent of all illusion.

Reality is an *Ocean* of Intelligence in Eternal Silence.

Reality is the Still and Silent mind that is no mind

while the mind in motion is an illusion.

Reality is Oneness while Illusion is a zero and nonexistent.

Reality is Oneness Truth while illusion is a lie and untrue.

Reality is Oneness while Illusion is dual and divided.

Reality is ever Here and Now while illusion never was or will be.

There is no creation preservation or destruction

in Oneness Reality—only in illusion.

There are no forms formations or formulations

in Oneness Reality—only in illusion.

There is no differentiation division or distinctions

in Oneness Reality—only in illusion.

There is no space time or dimensions

in Oneness Reality—only in illusion.

There is an infinite divide between Reality and Illusion.

The One Reality Alone Exists.

36

Illusion is everything that the One Reality is not.

Illusion is: unreal; a false appearance;

that which seems like something that it is not, like a mirage;

that which seems different from what it is,

like an optical illusion;

that which deceives, like the deception in a magic trick.

Illusion is essentially nonexistent like a zero that is nothing.

Illusion is an endless multiplicity diversity and variation

of finite objects that are derivative.

Illusion is divided and divisible with a beginning middle and end.

Illusion is ever changing and transient.

Illusion is conditioned with countless conditions

limited with countless limitations.

Illusion is an explosion of endless attributes qualities and limits.

Illusion is unreal

like a dream or mirage or hallucination or magic trick.

Illusion is a mind creation and projection

that in ignorance is believed to be real.

There is deception in Illusion and consequent delusion.

The assumption is that the body and all sensory experience is real
yet in reality that which is formless and imperceptible alone is real.

Another assumption is that all cognition and cognitive experience
is based on reality yet in reality all experience of every sort
is an illusory mind creation and projection
that is but a zero and nothing.

The senses and cognition do not reveal the actual nature
of sense objects.

All perceptions all experience is an illusory appearance
in Consciousness.

All body mind experience is mere illusion like a mirage.

The Almighty Creator is the Master Illusionist

that makes illusion seem real.

Illusion is a Veil that obscures Oneness Reality

like clouds hide the bright disc of the sun.

The body mind can never ever sense perceive conceive or know
the formless Unknowable One Reality.

We are lost in the illusory world of the ego mind
ignorant of the One Reality and Self.

Illusion is the Shadow of the One Reality and like all shadows

nothing in Itself.

Illusion is ever spinning in circles and revolving in cycles.

Illusion is discerned from that which is Real by higher reasoning.

Disputation regarding the reality or illusion of the world
is conceptual and thus a dead end
as Reality is ever transcendent
of the ego body mind world cosmos.
Disputation regarding reality and illusion
is fundamentally an existential puzzle
that is not in the scope of the mind.
Reality is Absolute Silence
in which everything and all that seems to be or exist vanishes.

Illusion appears with thought and disappears without it.

When thought ceases Reality Shines as Absolute Consciousness.

When the mind is Still and Silent or Annihilated illusion vanishes.

Attention without an object to focus on dissolves in its Source
Consciousness.

Illusion is nonexistent only for those Liberated

with Reality Experience that is Self Knowledge.

When one is Present the mind dissolves in its Source, Consciousness
but when the mind is Annihilated there is Liberation
from all ignorance and illusion.

Transfixed in Illusion and ignorant of Reality

all are under Illusion's Spell.

Mistaking Illusion for Reality

we wander lost in a vast web of illusion

and in ignorance ever spin more illusion.

In Illusion in ignorance we act in reaction and react in action.

All reaction and action are based on separation desire and fear.

In Illusion in ignorance we identify with form and formulations.

All forms and formulations are based on separation desire and fear.

In Illusion in ignorance we contract as the ego.

All contraction and the ego are based on separation desire and fear.

In Illusion in ignorance we create boundaries walls and masks

All boundaries walls and masks are based on separation

desire and fear.

In Illusion in ignorance we have countless doubts questions

and conflicts.

All doubts questions and conflicts are based on separation

desire and fear.

In Illusion in ignorance we aim for success and gain

and resist failure and loss.

All success and gain and failure and loss are based on separation

desire and fear.

In Illusion in ignorance we long for communion merging and union.

All longing of any sort is based on separation desire and fear.

In Illusion in ignorance we search for knowledge and truth.

All search of any sort is based on separation desire and fear.

In Reality there is no ignorance or illusion.

Reality is Absolute Oneness Truth

transcendent of all ignorance and illusion.

Reality is Absolute Oneness Freedom

transcendent of all ignorance and illusion.

Reality is Absolute Oneness Perfection

transcendent of all ignorance and illusion.

The Self-effulgent One Reality ever Shines

as

Oneness Consciousness

in

the Here and Now of Absolute Silence.

Reality Unveiled

Reality Alone Shines

unveiled

in

Oneness Silence

ever

transcendent

of

the illusory mind.

37

Nothing ever happens in the Here and Now of Reality.

In Illusion everything happens

while in Reality nothing (no thing) ever happens.

Reality never happens—Reality just Is.

Reality is Emptiness (of all things) and Fullness (as Oneness).

Reality is One and alone ever Is

while Illusion is a zero that never was or will be.

Everything that happens is a zero and nothing;

thus, go beyond zero to/as the One Who Alone ever Is.

All things that happen are an illusion

and a zero and nothing that is no thing (nothing).

Nothing (no thing) happens without the Creator of Illusion.

In the Creator's *Grand Illusion* everything happens

but this is a mirage that is an illusion and a zero and nothing.

Illusion happens but this is the Creator's illusory trick

and a zero and nothing.

We may summon memory or guess in answer to a question

but this just happens.

We may reason but this just happens.

We may choose but this too just happens.

We may leap out from danger's way

but this just happens like everything else just happens.

The realization that everything that happens is an illusion

is the perfect perspective and view.

This realization coordinate with complete trust

and surrender to the One

swiftly brings one to Oneness Freedom

transcendent of all illusory happenings.

Everything and all that seems to be or exist just happens

and this happening is a mirage that is but an illusion

and a zero and nothing.

Everything that happens is an illusory mind creation

projected onto the limitless *Screen* of Consciousness

the One Reality.

All creations and projections happen in Illusion

and are an illusory superimposition

and but a zero and nothing.

Happening is an illusion and a zero while Oneness Reality ever Is.

Everything happens by the One Power and Will of the Creator.

Life and living are conditioned existence

programmed and predetermined

by the One Power and Will of the Creator.

Everything and all that seems to be or exist

is programmed and predetermined

including the seemingly spontaneous and random and so on.

All illusion all illusory happenings

are the deceptive Magic Trick of Illusion.

The Creator creates ignorance in Illusion

that in Reality is nonexistent.

The Creator creates Illusion that seems real

that in Reality is a zero and nothing.

The Creator is the Master illusionist

that in Reality is irrelevant.

There are no mistakes.

Mistakes are illusory mind creations and projections

predetermined by the Creator.

In Reality there is nobody (no body) and nothing (no thing)

to make mistakes.

In nature and the cosmos are there mistakes?

It is humans that deem events and things to be mistakes.

Mistakes are a serious matter for humans

as they are on a path to improvement and even perfection

not knowing that they in Reality are already Perfection Itself.

Those in Illusion are innocent and blameless and nonexistent.

Nothing (no thing) is in our hands.

There is nobody (no body) nothing (no thing) to blame.

There is no individual personal power

or will or control or volition or choice or option

only the illusion of it.

There is no real option when making a choice or decision.

There is no real volition

only an erroneous assumption and belief in *free will*.

There is no real control although there may seem to be.

We conduct our lives based on erroneous assumptions
and premises and draw conclusions based on delusion in Illusion.
We are sustained by faith hope and dreams
yet all is a Cosmic Joke—the ultimate source of comedy
and tragedy and irony in the world.

Everything is programmed and predetermined by the Creator

so, where are we in all of this?

Nowhere. We are essentially nonexistent.

And if we assume that we are real and have control and *free will*

then it is correct to hold ourselves responsible

and accountable and not blame others and externals.

What / when is the origin of ignorance and error?

Nothing / never.

Cause and effect are an illusory prime tool of Illusion.

Origins alone spring from and point to Illusion.

Life in the world and cosmos is a repetitive circling

spinning and spiraling ad infinitum in illusion.

Affirmation and the assertion of desire

springs from ignorance in illusion.

Our assumption of separation

based on erroneous misidentification with the ego body mind

creates desire and fear and the world.

Illusion and ignorance are the Creation of the Almighty Creator

while Oneness Grace Awakens and Liberates all

from ignorance and illusion

deeming all innocent and blameless.

The Almighty Creator and Grace

the Manifestation and Power of the One

are coexistent coordinate and intertwined

in the Play of the Creator's illusory Creation and Dream.

Is worthiness the reason for Grace? No.

It is when we sincerely call upon Grace with an open heart

that Grace reveals Itself.

Oneness Grace is always with us, always imminent and flowing.

Knock and the door shall open, seek and you shall find,
ask and it shall be given.
It is when we finally see that everything is not as it seems
that we turn to Oneness Truth to Light the darkness.
Truth shall set you Free.

Grace Awakens and Liberates all from the Creator's Dream

to the One Reality that is the Self.

The One Self is Grace and the Beloved and Guide.

With the Annihilation of the Creator mind

ignorance and illusion automatically vanish.

All that emerge from the One return to the One

like all rivers run to merge in the ocean.

The One Reality Alone Exists

Here in the Eternal Now in Oneness Perfection

transcendent of the Creator mind and all ignorance and illusion.

Duality is division and separation as two.

We emerge from Oneness only to return to Oneness

and the *space* between emergence and return

is an imaginary journey in duality that is an illusion.

Duality is a dichotomy, something split in two.

Duality is separation and the antithesis of Oneness.

Separation is a trick of the mind that causes alienation and deep sorrow in the foreign land called duality.

Duality exists on the surface of things, like a mirage

but has deep roots in the universal psyche.

Duality is separation as time from *here* to *there*

in a conceived space that is the basis of desire and fear.

Duality is an illusory mind creation and projection.

Duality is experience based on dual subject-object relativity.

Duality springs from body-identification as:

I (my body) and you / it (the other).

Duality is the play of opposites in a mental space

where everything is relative.

The infinitude is one interconnected intermixed totality
with everything absolutely relative
to the point of being canceled and a zero.

Dual opposites are coexistent and define one another

and when in balance cancel one another.

The Power of the One creates a zero
in the form of illusory dual differentiation and division
as countless opposites that define each other
and are ever relative in dynamic coexistence.

Duality is separation as division and fragmentation

based on differentiation.

Duality is the play of attraction and repulsion

acceptance and rejection.

Duality spawns desire fear conflict doubt confusion worry

stress suffering and so on.

Duality spawns anger greed lust jealousy pride arrogance

hatred and so on.

Duality is the sorrow of separation.

Duality is the way of the world.

Duality is a myth that is legendary.

Duality vanishes in Oneness Reality Experience / Self Realization.

In Absolute Silence

we Wake

from the dream of duality and separation

to

Oneness Reality.

39

Nonduality is the Direct Way to/as Oneness Truth.

The One is nondual

thus, nonduality is the Direct Way to/as the One.

The Direct Way is in alignment with Oneness Perfection.

The Direct Way is abidance in/as the Absolute Silence

of the Eternal One Infinite that is the One Reality and Self.

By making pilgrimages and such

we forsake Oneness Omnipresence.

By contemplating concentrating and meditating

on an object of devotion

we deny formless Oneness

transcendent of duality and the ego mind.

By reciting chanting and such

we deny the indescribable Nature and Silence of the One.

The Direct Way is Oneness.

The Direct Way is Absolute Silence.

The Direct Way is Presence Here and Now.

The Direct Way is mere Being and pure Seeing.

The Direct Way is self-honesty and honesty in life and living.

One who is aligned with Oneness Truth
never lies and is honorable courageous and compassionate.
With the deepest self-honesty comes Self Knowledge
transcendent of all falsity and illusion.

The Direct Way realizes that the One Absolute is the One Self

transcendent of the ego body mind world cosmos.

The Direct Way clearly comprehends

realizes that the ultimate destiny of the ego

is final surrender to its primal nonexistence

and that the mind that objectifies the One

and *divides* indivisible Oneness

is the creator and projector of all ignorance and illusion.

The Direct Way recognizes that the following

obscure and betray Oneness

and are the antithesis of Oneness Truth:

dishonesty;

belief in separation;

belief in relationship based on differentiation;

belief in becoming rather than just Being;

belief in the authenticity of perception and experience;

belief that Realization and Liberation are in the future

and based on endeavor.

The Direct Way is in alignment with Oneness Truth

until the final dissolution of the ego mind

and all ignorance and illusion.

The Direct Way abandons the illusion of the separate self

and all sense of inner and outer

and simply abides as That which ever Is Here and Now.

The Direct Way is abidance

in/as Absolute Existence Awareness Bliss

in Oneness Silence.

The Direct Way is Infinite

in the Eternal Here and Now of Oneness.

Investigation into the nature of the ego mind

and Consciousness and the Here and Now is preliminary.

Discrimination between the Real and unreal

the Self and non-Self

is essential.

Devotion and love for Oneness Truth

is imperative in turning from untruth to Truth

from the darkness of ignorance and illusion

to the One Light of Consciousness

the One Reality and Self.

The ultimate question is: *Who am I?*

This original universal question must be answered

in/as the Emptiness of Silence that is Absolute Consciousness.

Who I AM

is ever transcendent

of the ego body mind world cosmos.

Oneness Truth ever Is

Here in the transcendent Now

of

Absolute Silence.

40

Consciousness is the One Absolute.

Consciousness is the limitless Light of Oneness.

Consciousness is Absolute Oneness Experience.

Consciousness is transcendent Oneness.

Consciousness is Oneness Perfection.

Consciousness is formless unchanging Oneness Transparency.

Consciousness is One indivisible Whole that is limitless.

The mind objectifies Consciousness
and projects its own nature onto Consciousness.

There are no grades or levels or planes of Consciousness
nor varied sorts of Consciousness
as Consciousness is formless limitless immutable indivisible Oneness.

It alone is the mind that creates and projects
division and variation in the form of grades levels planes and such onto Consciousness.
The mind based on dual subject-object relativity
is the Veil of Illusion
and a superimposition on Consciousness.

The infinitude is not a play of Consciousness
it is the play of the illusory mind.

Consciousness is ever unmoving Oneness
transcendent of the mind and the infinitude
that is but an illusory superimposition on Consciousness.
It is of paramount importance to realize that Oneness Consciousness
is the One underlying Reality
of everything and all that seems to be or exist.

Consciousness is the One Reality.

Consciousness is the Uncreated and Unborn

without a beginning or end.

Consciousness is Absolute Existence Awareness Bliss

the One Reality and Self.

Consciousness is never attained but ever already Realized.

Consciousness is the Self-existent Self-evident Self-luminous

One Self.

Consciousness is ever Self Aware.

Consciousness Knows only Consciousness

Self Knows only Self.

Consciousness is our Eternal Nature and Real Identity.

Consciousness is the limitless One I that is the Heart of Oneness.

Consciousness is Absolute I AM.

I am conscious.
I am conscious of Consciousness.
I am Consciousness Itself.
I AM.

When the ego dissolves in Consciousness
the One Self Shines, unveiled.

We are Consciousness
in which thoughts perceptions and experiences
appear and disappear.
The recognition that Absolute Consciousness is our Real Identity
is enough to bring the seeking mind to an end.
It is seeking alone that bypasses and postpones
the Here and Now of Self Realization.

Consciousness is Omnipotent Omniscient Omnipresence.

Consciousness is an ever Present Absolute Power and Intelligence

that is limitless.

The cosmic spectacle is a mind creation
projected onto the Screen of Consciousness like a 3D movie.
All of life is a movie we watch and thrill to.

Watching the movie is part of the movie
a movie within a movie ad infinitum in Illusion.

Consciousness is the One Source Substratum Substance

of everything and all that seems to be or exist.

Consciousness is All there Is.

Consciousness is a limitless continuum

in which everything and all that seems to be or exist

appears and disappears.

Consciousness is the *Unified Field*

in which everything and all that seems to be or exist

is interconnected intermixed as one totality.

What is an object? Consciousness.

Just as the ocean is nothing but water
everything and all that seems to be or exist is Consciousness.

Attention and intention without an object to focus on
dissolve in their Source, Consciousness.

All that springs from Consciousness
dissolves back into Consciousness.

Everything and all that seems to be or exist
is an illusory superimposition on Consciousness.

The infinitude is in the mind and both are in Consciousness.

All objects are Consciousness and nonexistent in themselves
as Consciousness makes all objects evident and possible.

Like clouds that appear and disappear in the sky
thoughts feelings memories and so on
appear and disappear in Consciousness.

Everything and all that seems to be or exist
are mere waves and bubbles that appear and disappear
in the boundless Ocean of Consciousness.

Everything and all that seems to be or exist
is projected onto the limitless Screen of Consciousness
like a movie.

Consciousness Alone ever Is.

Consciousness is limitless and timeless Oneness.

Consciousness is the unchanging One Reality

and all else is but an illusion.

Oneness Knows only Oneness.
Consciousness Knows only Consciousness.
Oneness and Consciousness are One and the same.
Consciousness is ever Here in the Eternal Now of Oneness.

Consciousness is ever Here and Now.

Consciousness and the Here and Now are one and the same.

The Now of Consciousness is absolute.

Consciousness is the One Light that is an Absolute Power.

Consciousness is Self-luminous Oneness

ever transcendent and pristine.

Consciousness is the limitless One Illuminator.

Consciousness is the One Light that Illumines the infinitude.

Consciousness is the One Light

in everything and all that seems to be or exist.

Consciousness is the One Light in all perception and experience.

Consciousness is the One Light

that makes all objects evident and possible.

Nothing exists or happens
unless the One Light of Intelligence Sees it.

The mind operates in the Light of Consciousness
which makes it evident and possible.

The Light of Consciousness is an Absolute Power
that outshines everything and all that seems to be or exist.

Consciousness is a Transcendental Mirror.

Consciousness is Empty.

Consciousness is Naked.

Consciousness is traceless Transparency.

When we look into the Mirror of Consciousness
we See the One Self and Reality.

The infinitude is one interconnected intermixed totality
that is an obscure reflection of Oneness
in the Mirror of Consciousness.

The reflection of the infinitude in the Mirror of Consciousness
is but an illusory creation and projection of the mind.
The mind and all creations and projections are illusory
and a zero in Oneness Consciousness.

Consciousness is ever Knowing Awareness and never the known.

Consciousness is the One Seer and Knower

of everything and all that seems to be or exist.

Consciousness is the Eternal One I

that is the Infinite Eye that Sees all.

Consciousness is the Knowing Awareness

underlying all perception and experience.

Consciousness is an *Ocean* of Intelligence.
We are ever the Knowing Awareness
of all perception and experience
we are Consciousness Itself.

That which is known is an illusion.

The One Seer and Knower alone is Real.

I am not the body or mind or any object
I AM the One Seer and Knower.

All we know is experience
and all we know of experience is the knowing of it
so, all we ever really know is knowing that alone is known by itself
as knowing knows only knowing.
Since we are this absolute knowing
knowing is never experienced as an object
knowing just Is.
We are ever Knowing Awareness Consciousness.

Knowing is the Source Substance Substratum of all experience.

Consciousness is Absolute Experience

and the one constant and continuity in all experience.

Consciousness has never had an experience

Consciousness is Absolute Experience.

Experience of any one same object is never identical
as each experience is unique / singular and subjective.
Perception is a subjective experience when thought intervenes
and takes hold.

Everything changes and every experience is unique
yet there is the sense that there is a commonality
shared by each and every experience
Consciousness is the one constant in each and every experience
and the only continuity in the world of experience.
We might say that it is memory that is the continuity in experience
but memory falters and fails
while Consciousness is One indivisible Whole
and ever the same.
Consciousness Alone ever Is.

Consciousness is transcendent Silence.

Consciousness is a limitless *Ocean* of Silence and Light

and Knowing.

Consciousness is Absolute Silence

in the timeless Here and Now of Oneness.

Consciousness is Oneness Silence

transcendent of the ego body mind world cosmos.

We are like bubbles in the Ocean of Consciousness
when the bubble pops, all is ocean.

It is the Absolute Silence of Consciousness when thought ceases.

That which Shines before and after every thought
is the Silence of Consciousness.

The mind turned inward is Consciousness
and turned outward the ego body world cosmos.

One whose Identity is Absolute Consciousness is limitless Freedom
transcendent of the mind and all ignorance and illusion.

It is the human being who turns within to the One Light
of Consciousness that is the Immortal One Self.

This turning within is the spiritual path and journey
that is the gradual dissolution of the mind
in an ascending order of finer purer mental grades and levels
leading to the Annihilation of the mind
and the full unveiling of Consciousness as the One Reality and Self.
The Annihilation of the mind
is Waking from the Dream of Illusion
and Liberation from all ignorance and illusion.

Consciousness Reigns Supreme in transcendent Oneness.

Consciousness is the Bliss of Oneness Perfection.

Consciousness is the One Absolute Here Now.

Zero

Everything

seemingly real

is

but

a

zero

in

Oneness

Consciousness.

Consciousness Alone Ever Is

Consciousness

is

formless

limitless

the One underlying Reality

of

everything that has form

all that is but an illusory superimposition—

a pencil is Consciousness

but

Consciousness is not a pencil

for

Consciousness alone ever Is

and

all else is but an illusion.

41

The Immortal One Self is our Real Identity.

The Self is the Unborn and Uncreated.

The Self is the One Absolute.

The Self is Self-existent Self-evident Self-luminous Oneness.

The Self Knows Itself by way of Itself.

The Self is formless limitless immutable indivisible Oneness.

The Self is Existence Awareness Bliss—the One Reality.

The Self is the Heart of Reality.

The Self is limitless Being—pure Is-ness.

One who merely Is naturally abides as the One Self.

No one, even for an instant, fails to experience the Self
no one can ever be apart from the Self.

The Self is limitless Omnipresence.

The Self is transcendent Oneness Perfection.

The Self is Absolute I AM

the *original signature* of the Nameless One

that eternally Shines in the Here and Now of Oneness Perfection.

The Self is the One Light of Awareness Consciousness

underlying everything and all that seems to be or exist.

The Eternal Nature of the Infinite One I that is the Self
is Absolute Consciousness.

The Self is Absolute Bliss Peace Love Freedom.

Realize the One Self that is unalloyed Bliss
Be the Bliss you in Reality ever Are.

The Self is Absolute Silence transcendent of the ego mind.

The Self is where there is no I-thought.

One whose attention is turned inward
dissolves in the Absolute Silence of the One Self.

The Self is transcendent of the ego body mind world cosmos

and all ignorance and illusion.

The Self is not an object to recollect or forget.

When the ego I-thought dissolves
all thoughts that comprise remembering and forgetting
dissolve along with it
and the One Self Shines, unveiled.

The Self Alone Exists
so why meditate on an object
when by meditating we betray the Truth of Oneness
transcendent of the dual subject-object relativity of the ego mind.

The Self ever Is and all else is but an evanescent dream.

The Self ever Is Here Now.

Self Knowledge is nonconceptual Knowledge of the Self.

Those who Know the Eternal One I transcendent of the ego mind
alone abide in Self Knowledge.

Only in Self Knowledge is one the Bliss of Freedom.

Self Knowledge alone Exists in Absolute Silence.

Self Knowledge is nonconceptual and ever Free
ever transcendent of the dual subject-object relativity
of the ego mind and all ignorance and illusion.

Self Knowledge is not the result of instruction contemplation
concentration or anything to do with the mind or spacetime.

Self Knowledge is Reality Experience.

Know the Self and the One Reality is Known.

Knowledge of another does not exist in Reality Experience
that is Self Knowledge.

Self Knowledge is Absolute Awareness Consciousness.

Self Knowledge is when Being and Knowing are One and Absolute.

The One Self is at once Being and Knowing.
To Be the Self is to Know the Self
and to Know the Self is to Be the Self.
Being and Knowing are ever One.

Mere Being and pure Seeing is abidance as the One Self Here Now.

Self Realization is the Annihilation of the ego mind

and all ignorance and illusion.

Self Realization is the dissolution of the human being

and the Absolute Shining of Absolute Being.

Self Realization / Self Knowledge / Reality Experience

are One and the same.

Our dissolution

is

the unveiling of the One Immortal Self

ever Here in the Eternal Now

of

Oneness Perfection.

The Perfect Self

I AM

Presence

the Perfect Self

Here

Now.

42

Awareness is the One Seer and Light.

The One Seer

is Self-existent Self-evident Self-luminous Oneness.

The One Seer

is the Infinite *Eye* of the Eternal One I that is the Self.

The One Seer is the Eternal Witness and Heart of Awareness.

The One Seer is the limitless One Light of Intelligence.

The One Seer is an Absolute Power that is limitless.

The One Seer is an Absolute Existence that is Self Aware.

The One Seer is an *Ocean* of Silence and Light and Knowing.

The One Seer Sees all Knows all.

Everything and all that seems to be or exist
becomes evident and possible
in the One Light of Awareness.

The One Seer is formless limitless stainless and unchanging.

The One Seer is transcendent of the ego body mind world cosmos.

All perception and experience
are an illusory superimposition on the One Seer.

The One Seer is an *Ocean* of Awareness

in which everything and all that seems to be or exist

appears and disappears.

The One Seer is Omnipresence Here Now.

The One Seer is transcendent Oneness Perfection.

The One Seer is our Real Identity—the One Self and Reality.

The One Light of Awareness is the Light of all lights.

The One Light is an Absolute Power and *Ocean* of Intelligence.

The One Light of Intelligence

makes all mutable material lights evident and possible.

The One Light Illumines

and *outshines* all material lights and objects.

The One Light is transcendent of light and darkness.

The One Light is formless limitless immutable and indivisible.

The One Light is traceless Transparency.

The One Light is the Source Substance Substratum

of all the endless material radiant lights

that light up the endless space of the cosmos.

The light of the cosmos and world
is electromagnetic radiation that exhibits properties
of both waves and particles
that is referred to as wave-particle duality.

Light and heat as fire lightning suns and electricity
give and sustain life.
There are various forms of light
having varying wavelengths/frequencies
some visible and some invisible to the human eye.
And it is color that materializes
from the interaction of the spectrum of light
with the spectral sensitivities of the light receptors of the human eye.

The One Light is the Substratum

on which all the endless lights colors and reflections

are but an illusory superimposition.

Shining light is reflected off endless surfaces
throughout the world and cosmos.
This play of light with its endless reflections
is a dazzling display of the interconnectedness of the one totality.

The entirety of all the combined brilliance and radiance
of all the endless stars and luminaries
is but an obscure reflection of the One Light of Awareness.

The One Light is the One Reality and Self that is the Witness Seer.

The One Light of Awareness is Oneness Perfection.

I AM the Eternal One Light

I AM

Awareness

pristine perfect

the One Light of Intelligence

while the mind dreaming a dream

appears disappears

in

My unwavering Light.

Countless Eyes

Myriad shades

azure mint violet coral mauve

spectral colors luxuriant

opalescent
a

radiant light

shining

a

universal

blaze gleam shimmer sparkle

brilliant reflections on endless surfaces cosmic

on

countless eyes luminous

seeing being seen

shining mirrors

windows

to

the soul

ever

inward outward looking

in

the Eternal One Infinite

Light.

44

The infinitude is God's Shadow.

The infinitude is God's Dream and the Veil of Illusion.

The infinitude is God's limitless Imagination.

The infinitude is a mirage.

The infinitude is the illusory creation and projection

of the Creator mind.

The mind is the ultimate miracle
because it is from the mind that the infinitude springs
and is projected and externalized as perception and experience.

The infinitude and the Creator and the mind

are coordinate and conjunct as one

and appear and disappear as one.

The infinitude is an endless vibrating

interconnected intermixed totality

endlessly multiplying itself in endless variation to Infinity.

The infinitude is everything and all that seems to be or exist.

The infinitude is based on creation preservation destruction.

The infinitude is comprised of endless illusory experiences
that are an illusion and a zero and nothing.

The infinitude springs from a zero-dimension point
that is infinitesimally finite and expands endlessly as illusion.

The infinitude is fundamentally unified and superficially diversified
with everything absolutely relative to the point of being canceled
and a zero.

The infinitude is one interconnected intermixed totality
comprised of endless particles atoms molecules forms worlds stars
galaxies universes and so on.

The infinitude is an illusory creation and projection
of the Creator mind and a zero in Oneness Consciousness.

The infinitude is in the mind and both are in Consciousness.

The infinitude is a zero in Oneness Consciousness.

The infinitude is an obscure reflection of Oneness

in the *Mirror* of Awareness Consciousness.

The infinitude is an illusory superimposition

on Awareness Consciousness.

The infinitude is the *Grand Illusion* created and projected

by the mind onto Awareness Consciousness.

The infinitude has endless properties attributes conditions

and limits.

The infinitude is in constant change and flux

yet maintaining balance.

The infinitude is mere foam on the boundless *Ocean* of Being.

The infinitude is endless energy that is never created or destroyed

that is an obscure reflection of the One Eternal Power.

Energy has form and is mutable and vibratory.

Everything is energy—energy is everywhere even in a vacuum.

The endless energy of the infinitude
is not to be confused with the limitless Power of the One
just as the fineness and imperceptibility of thought
is not to be confused with Consciousness.
Energy is illusion and Oneness Power is Reality.

Energy is a property of all objects
transferable by fundamental interactions
and can be converted into different forms of energy
but cannot be created or destroyed.

All the various forms of energy exhibit mass.
Energy is the building block of matter.
The quantity of matter in ratio to empty space is minute
the material universe is barely material.

The infinitude is vibratory and harmonic sound as vibration waves

in an infinite field of radiant energy

light as electromagnetic radiation in the form of particle waves.

All objects including thoughts have form and are finite
material mutable and vibratory while Consciousness is formless
limitless nonmaterial immutable and non-vibratory.

The infinitude is a dynamic play of conceived coexistent opposites

that define each other in the relativity of time

and multidimensional space.

Four-dimensional spacetime is too basic and simple a formula
to use for deeper investigation and probing
into the nature of the cosmos
but the exact number of extra dimensions
is still in the process of deliberation.

Space that was thought to be totally empty of atoms and molecules
contains a network of quantum energies that transmit information
called the Zero Point Field.

The infinitude is an endless thrust an endless stream of variation

a vibrating multiplicity endlessly multiplying itself to Infinity.

The infinitude

is frequential harmonic vibratory Cosmic Intelligence

as endless energy ever in motion spinning revolving

emitting endless *baby universes* in the form of circles

bubbles most of which pop

and infinitesimal one-dimensional superstrings

vibrating in resonant frequencies that correspond

with coordinate infinitesimal zero-dimensional point particles

in harmonic unity

and waves forces fields atoms molecules matter chemicals elements

planets suns moons minerals metals cells organisms animals

humans and celestial beings and realms worlds stars galaxies

universes structures systems dimensions

in natural symmetry and balance harmony

expansion contraction attraction repulsion appearing disappearing

ever changing ever connected interconnected intermixed

to the point that the infinitude is one totality

with everything absolutely relative

to the point of being canceled and a zero.

Quantum mechanics physicists have discovered that observation

impacts what is observed

which proves that the cosmos is not purely mechanical

and operating apart from Consciousness and the mind.

And quantum physics at the deepest level evidences

that Consciousness alone exists.

Some physicists propose that Consciousness

is the Unified Field and the source and *fabric* of the cosmos

and the ultimate reality that we are.

Relativity describes big things
and quantum mechanics describes small things
while the Unified Field is intended to be that which unites
the big things and the small things

Oneness Consciousness is the *Unified Field*

the One Source Substratum Substance

of everything and all that seems to be or exist.

Consciousness is the One underlying Reality

and the infinitude is an illusory superimposition.

There is nothing apart from Oneness Consciousness.

Scientists will never find the source of the universe

by indirect means.

The structure and mechanics of the objective universe

and all phenomena can be observed and gleaned

but never their source

formless traceless Consciousness.

Consciousness is transcendent and can never be observed or traced

for Consciousness is not an object or objective and has no source.

The universe sprang from a zero-dimension point
that is infinitesimally finite
but that is as far as it can be traced and comprehended.

Nothing happens unless Consciousness *observes* it.

Consciousness is the timeless One Witness Seer

that makes the infinitude evident and possible.

Consciousness

the One Reality and basis of illusion

Alone ever Is.

Just as the ocean is nothing but water

everything that seems to be or exist is nothing but Consciousness.

Illusion

the Power of the One Power

that is the Almighty Creator and Cosmic Intelligence

is in charge of the infinitude.

Only discernment and direct enquiry
into the nature of Consciousness and the Self and the mind
will reveal what is real and what is unreal.

The cosmos is in motion
spinning rotating and revolving
from atoms to solar systems to galaxies and universes.

Atoms spin and revolve.
Spin is what makes an atom an atom.
Spin makes the world go 'round.
Wheels turn on vehicles and in watches and factories.
Everything has spin and is in motion.
Spin is fundamentally at the foundation
of why everything is the way it is and works.
That which holds all things together also drives them into motion
and this fundamental spin to things allows energy to move freely
throughout all bodies in the universe and in all systems.

The fundamental force of momentum in a vacuum
forces things to spin.
The force of spin is embedded in all things.

Both quantum physics and molecular biology
state that separation is an illusion
and quantum physics proceeds further
to state that spacetime and the universe are also an illusion.

There is a hypothesis that parallel universes exist
exactly like our own and that they all are connected.
This notion is an attempt to explain why quanta behave erratically.
It has been observed that subatomic particles or energy packets
blink off and on in and out of our reality.
The question is where do they go when they are not here?
Quantum physics suggests that when they are not in our reality
they are in other parallel universes/realities
that we are unable to sense or observe.

A paradigm for the fundamental unity of the universe has emerged
in the study of infinitesimal zero-dimensional point particles
**quanta in quantum physics.*

*A metaphor for this new view is the **hologram that projects*
*what we see as three-dimensional as the ***brain also does.*
An important intrinsic property of a hologram
is that the information that is contained in its entirety
is contained within each unit—each unit projects the whole.
Some physicists consider the universe to be holographic.

**In the physics of creation every atom can be divided*
into smaller and smaller and smaller pieces
infinitesimally minute, called quanta.

***A hologram is a two-dimensional piece of etched plastic*
which when illuminated with appropriate laser light
projects a three-dimensional image.
It has been suggested that the universe itself might operate
in a manner analogous to a hologram.
The comings and goings we observe in the three-dimensional world
might be holographic projections of physical processes taking place
on a distant two-dimensional surface
and we and all we do and see is akin to holographic images.

****The brain automatically translates everything*
into three-dimensional physical/spatial experience
even though the cosmos has more than three dimensions.
Spacetime is four-dimensional:
three-dimensional spatial experience has three aspects
up/down left/right and forward/backward
and one dimension of time—later/earlier.
And most likely there are more than four dimensions.

An observed phenomenon in quantum physics
that supports the view of non-separation and unity
is quantum entanglement-connectivity on a level that is nonlocal
where all point particles are interconnected
and influence one another even across vast distances.

It had seemed that point particles communicate
faster than the speed of light
which led to the idea that they exist and are connected
on a level or in a way where there is no location
thus, no speed is necessary or involved.

Quantum entanglement-connectivity
explains how paranormal phenomena operate
and how it is that there is direct knowing
such as the reading of minds
and clairvoyance clairaudience intuition insight and such.

Connectivity is constituent of the fabric of reality.
There is experimental evidence where random generators
are influenced by intention and attention as observation
and it also has been discovered that point particles can travel
from one point to another without crossing the intervening space
**quantum tunneling*
thus, spacetime as distance and matter are an illusion
and nonexistent.

**Quantum tunneling may explain how teleportation works*
which already is being experimentally demonstrated.

Molecular biology finds that all cells in the human body
communicate on a nonlocal level and are thereby interconnected.

It is easy to observe that insects, such as ants, communicate
on a nonlocal level.
Communication on a nonlocal level exists for all
as an actuality or potentiality.
The vast majority of humans because of assumed beliefs
do not experience nonlocal communication.
It is proven that individual human experience
mirrors beliefs and determined focus.

There is evidence in various fields of science
that we are made of all that the universe is made of
and that everything in the cosmos
is interconnected intermixed as one totality
that is a dynamic unified order in balance.

Everything exists in an intimacy of connection.
There is no separation—no two things are separate.
We are all interconnected
and part of the same fundamental geometry
from particles to the entire cosmos and made of the same stuff.

All the atoms and molecules that we are comprised of
come from stardust/stars.
*The paradigm of *macrocosm and microcosm*
mutual reflection based on the interconnectedness
and fundamental unity of the cosmos is well known.
Science has taken a quantum leap in discovering and proving
the fundamental oneness of all things
and the Internet has connected people and the world
and is an unparalleled source of total information
right at our fingertips.

**Macrocosm microcosm is a paradigm*
that sees the same patterns reproduced on all levels of the cosmos
from the largest scale macrocosm/universe
to the smallest scale microcosm/point particles.
In this system the midpoint is the human who is the summation
of the cosmos.

There are several versions of superstring theory
but any superstring theory is an attempt to explain
all the particles and fundamental forces of nature in one theory
by modeling them as vibrations of super-symmetric strings.
Superstrings are infinitesimal one-dimensional filaments
of energy and universal intelligence

some hundred billion-billion times smaller
than a single atomic nucleus
that are shaped like strings maybe in the shape of loops
that vibrate at resonate frequencies in differing patterns
like a violin string.
Each string has a unique resonance/harmonic
that produces particular point particle properties
while different harmonics determine different fundamental particles.

For instance, one string vibrating in a particular pattern
will have the mass and electric charge of an electron
and is what is traditionally called an electron
and another string vibrating in another particular pattern
will have the requisite properties to be identified as a quark
or a neutrino or a graviton or any other kind of particle.
All species of particles are unified in superstring theory
since each particle arises from a particular vibrational frequency
or harmonic of a superstring.

Superstring theory proposes the fusion
of general relativity and quantum mechanics
and is mathematically sensible
only if based on nine spatial-dimensions and one time-dimension.

There also is the more radical and robust M-theory
that unifies the more consistent versions of superstring theory
and requires ten space-dimensions and one time-dimension
a total of eleven spacetime-dimensions
or eleven-dimensional supergravity.

These dimensions are not discernable
and may be so tightly crumpled that they are entirely invisible.
This crumpling is called compactification
where the extra dimensions are assumed to close upon themselves
to form circles.

These extra dimensions show that those features of the cosmos
that were thought to be readily assessable to the human senses
need not be.

The fundamental objects of M-theory
are not only superstrings but also branes and D-branes.
A brane is a physical object
that generalizes the concept of a point particle to higher dimensions.

For example, a point particle can be viewed as a brane
of dimension zero
while a superstring can be viewed as a brane of dimension one.

The quantity of observable matter in the universe
is minute in ratio to empty space.
For instance, atoms are 99.999999999% empty of matter
which proves the assumed solidity of the world
to be a subjective experience and an illusion.
In fact, matter does not have a universal definition
nor is it a fundamental concept in current physics.
The common definition of matter is that which has mass and volume
and is a closed system occupying space
thus, light and massless particles and fields are part of matter.

Everything is energy
while matter is energy vibrating at a lower speed
in the form of moving particles or vibrations and waves.
Matter exhibits both wave and particle properties
wave-particle duality.
Matter is made of molecules and atoms
that are made of sub-atomic particles.
All particles, except photons, have mass and usually volume.
Matter may disappear by conversion into energy
and can also be created from energy.

And because mass, like energy, can neither be created or destroyed
the quantity of mass and the quantity of energy is the same.

There are various forms of matter:
ordinary matter dark matter dark energy antimatter
and exotic matter.

Ordinary matter constitutes only 4% of the energy
of the observable universe
and the remaining energy is thought to be exotic forms
of which 23% is dark matter and 73% is dark energy.
Dark matter is matter of unknown composition
that does not emit or reflect
enough electromagnetic radiation light
to be observed directly but whose presence can be inferred
from gravitational effects on visible matter.
Antimatter is material composed of the antiparticles or partners
of the corresponding particles of ordinary matter.

Symmetry underlies the laws of the universe.
Symmetry is the basis of the balance and order and harmony
in the cosmos.
The preference for symmetry and balance
is a natural instinct and urge.

There is beauty and order
in the balance and harmony of symmetry
whereas it is some sort of imbalance or foreign element
that makes for transformation and dynamic evolution
that also is beautiful and an aspect of an ever-unfolding balance
order and harmony.

The infinitude is the Veil of Illusion and the Shadow of the One

and a zero and nothing.

Infinity

Infinity

in

a grain of sand or star

in

the infinitesimal or immense

an endless multiplicity

endless variation

endless thrust

to

Infinity.

Everything

all objects

finite material vibratory

a living force ever mutable

an endless energy expanding

to

Infinity.

Everything

all objects

thoughts clouds atoms chairs universes

an infinitude

an interconnected intermixed totality

and

a mere illusory superimposition

on

the Eternal One Infinite

Consciousness.

Fractal and Holographic

The infinitude

a

fractal expanding evolving symmetry

a

shape with parts similar to the whole

like

a

hologram

self-similar repetitive patterns

self-similar geometry

like

crystals snowflakes clouds lightening ocean waves.

The universe

fractal and holographic

wholeness found everywhere

as

one totality

within every entity

on all scales

atomic to galactic

a seamless movement of energy

information

throughout

with

everything

fundamentally unified

superficially diversified

and

absolutely relative

to

the point of being canceled

and

a

zero.

45

Desire enslaves and perpetuates the illusory world of the mind.

Throw away the chains of desire and be ever Free!

Desire keeps the ego mind active—desire keeps us captive

in the illusory world of the mind.

The ego mind rooted in desire ceases without desire.

All thought and action essentially spring from desire.

Without desire the ego mind automatically dissolves
and with it all ignorance and illusion.

Desire is based on differentiation

and the sense and assumption of separation

and is a longing and search for fulfillment and completion

happiness and peace.

When desire completely ceases Bliss Peace Love Freedom Reign.

Desire is aligned with attraction and attachment

and is an adulterated form of love.

Absolute Love is desireless.

Desire is the root of stress and suffering.

Desire is both pleasure and pain

desire fulfilled is pleasure and desire unfulfilled is pain.

Wherever there is pleasure

pain is sure to follow

as pain is pleasure's constant shadow.

Pleasure and pain are coexistent opposites

ever attracting and commanding attention.

Desire is often determined and obstinate

and will settle for pain along with pleasure.

Desire springs from ignorance of Oneness Reality.

Desire springs from ignorance in Illusion.

Desire is a slave to Illusion.

Desire is an ego mind creation and projection

that springs from ignorance.

Desire is intention

attempting to complete a sense of incompleteness

and bridge the gap of separation

but separation is an illusion that can never be bridged by desire

and the obtainment of an object and the attainment of an objective

can never permanently fulfill our desire-nature.

Desire is the urge and attempt to attain happiness and peace

in a desired object or objective.

The effort of desire stretching toward an uncertain future

from the past that is memory, creates fragmentation and tension.

Desire is dependent on the desired object.

Desire is coexistent with possessiveness and attachment

stress and suffering.

An object possesses its possessor who feels the burden of possession
and the binding of being possessed.

We are fragmented and frustrated by the perpetual tension
of the opposites and oscillate between them
never fully or permanently satisfied and fulfilled
so, one desire leads to another.

Desire is the pain of separation

from the pleasure of attainment and possession.

Desire obscures and bypasses our natural state of Bliss and Peace.

Our innate Bliss is projected onto and associated with objects and the attainment of our desires.

When a desired object or objective is obtained

the happiness and peace we experience

is our own inherent Bliss and Peace

projected onto and associated with the object

and the attainment of our desire.

When the tension and fragmentation of desire is relieved

we feel complete for a time but there are always more desires

that keep us from permanent fulfillment

thus, desire perpetuates itself.

Desire binds and blinds—desire is bondage.

Destroy desire and Be Free.

In error we have made the false assumption

that happiness and peace are external to us

which keeps us trapped in Illusion

missing the truth that we in reality are That

which we long for and seek.

No matter what the desired object is

it represents that which will complete and make us happy

but it is our innate Bliss and Peace we ultimately desire

and in ignorance we needlessly suffer in illusion.

Self Realization alone is Freedom from the ignorance and illusion
of desire and the suffering that comes with it.

We are Absolute Bliss Peace Love Freedom
that is limitless
we are That which we ultimately desire and long for.

It is an irony a cosmic joke that what desire ultimately seeks
is all along to be found within as our very Self
and that it is desire that obscures and bypasses
the Reality of the Self.

Nothing (no thing) can ever truly fulfill our desire-nature.

What we get from desire is a zero and nothing
and what we lose is Self Power.

Desire and hope are Illusion's prime tools along with attachment.

Desire and hope and attachment are coexistent

and coordinate and spring from ignorance

that keeps us firmly entrenched in illusion

ever hoping for all that we desire envision and dream of.

Desire keeps all hopping and hoping in thrall of the world.

Hope is a powerful offshoot of desire and potentially everlasting for hope springs eternal.

Desire creates idols to worship and possess and treasure.

Desire's perpetual shadow is fear.

Desire and fear have a symbiotic relationship.

Desire and fear are two sides of one coin.

Fear, like desire, is an energetic contraction that binds and blinds.

There is no desire or fear for the one who Knows everything to be an illusion and a zero and nothing.

Oneness is desireless and fearless and purposeless.

Desire fear hope and attachment spring from and are based on

identification with the body

and the dual subject-object relativity of the ego mind.

Desire takes the form of the ego.

The ego vanishes without desire.

Liberation from desire is egoless Freedom.

Desire is an energetic force

that propels the ego body mind and world.

Without desire there is no fear greed lust anger attachment and so on.

Desire is an energetic contraction ever changing and generative

as desire perpetuates itself from the past into the future.

Desire is lust for an object that will satisfy and pacify it.

Desire is akin to lust and emotion

and is the antithesis of Oneness Love.

Desire alone creates the world.

Desire is the world and the world desire.

Desire motivates and moves all and creates a life in the world.

Desire binds one to the world of illusion.

Desireless one is Free of the I-me-mine and fever of the world.

Desire may glitter and appear powerful and magnetic

but desire is a dark relentless *lord*

that spawns vice and transgressions of every sort.

Desire may sport on the surface of life in ordinary ways

but desire keeps all ignorant in Illusion.

Desire may wear the garb of good works and great achievements

and advancement and even ascension

but desire keeps all trapped in Illusion.

Desirelessness is Freedom and Liberation

from ignorance and illusion.

Those who are Free
live beyond the boundaries and limits of desire.

Desirelessness is the certain release from the Creator mind

and is its Annihilation.

There is one ultimate and worthy desire

and that is the earnest desire for Freedom

as this is the one worthy desire that Frees one

from all desire and ignorance and illusion.

The desire for Freedom

is a Gift and Blessing from Oneness Grace

that leads one swiftly to Realization and Liberation.

Desirelessness is the extinction of the ego mind and all illusion.

Desirelessness is the Absolute Bliss of Freedom.

Why be tormented by desire?

Be desireless and Free

like

the perfume of a flower in the wind

like

a hawk soaring high in the sky!

Possessed

The drive to control

desire propelled

to possess

and

display one's idolatry

based on pride and pleasure

buoyed by hope and dreams

burdened by fear of loss

is

insane.

Love in Duality

With the assumption

belief

in

separation

as form

in

the duality and relativity of spacetime

even profound lovers

suffer some alienation

and

waver in their union

their love

mixed

with

desire and fear.

46

Attachment chains us to illusion and keeps us bound.

No matter what our actions or thoughts may be

when there is no attachment, we are fundamentally free.

Nonattachment is a detached position

and a detached position is aligned with Freedom and Liberation.

When there is no attachment or desire one automatically returns

to one's Source, Oneness Reality.

Nonattachment is one of the purest states possible in illusion

while Oneness Reality is transcendent

of both attachment and nonattachment.

One who neither accepts nor rejects anything

is neither attached nor detached and is transcendent Freedom.

Be nonattached like the fragrance of a flower or the light of the sun.

Be ever Free!

47

The mind creates and projects a zero.

The mind is an illusion and essentially nonexistent.

Other than as thought

the ego body mind world cosmos does not exist.

The Power of the One is the Almighty Creator of all illusion

and the origin of the mind.

Illusion and the mind coexistent and appear and disappear as one.

The Creator is real and unreal while the mind is ever unreal.

The mind exists yet does not exist like a mirage of water in a desert.

The One Creator makes all illusion seem real and true

and creates ignorance.

The illusory mind is the Veil of Illusion

and the illusory infinitude is the Shadow of the One.

The Creator mind creates and projects the illusory infinitude.

The mind and the infinitude

appear and disappear in Consciousness

and are an illusory superimposition and a zero and nothing.

The mind and the infinitude obscure and veil Oneness:

this is the Power of the Almighty Creator.

The infinitude is a mirage and all experience an illusion:

this is the Power of the Almighty Creator.

When absorbed and lost in the mind

we are the Veil of Illusion and live as the Shadow of the One.

For the Realized / Liberated

the Veil of Illusion is absolutely dissolved

but the Shadow remains until the death of the body.

All that happens is alone by the One Power and Will of the Creator

including the mastery of the mind

that too is but an illusion.

The mind is an abstract mental construct

created by thought that represents all cognitive processes.

All cognitive faculties and processes are referred to as *mind*.

The mind is: the complex of elements in an individual

that perceives thinks feels determines remembers and reasons

and the conscious mental events and faculties in a human.

The brain is an organ of the body, but the mind is not.

The brain serves as the center of the nervous system

and the coordination between the mind and body and environment.

The mind is a complex of cognitive processes

that take place in the brain

thus, it can be said that the mind resides in the brain.

The brain and mind as concepts differ and overlap

but essentially the brain and mind are coordinate

and coexistent as one.

Without the brain there is no mind

and without the mind there is no brain.

The brain is where the electronic impulses that create thought

are contained

and where the coordination in life as a living entity takes place.

The mind is the ego I-thought and perception as experience

and thought feeling reason memory determination and so on.

Consciousness is the Source Substratum Substance

of the mind brain body and environment.

Consciousness is the continuum

in which the mind brain body and environment

appear and disappear.

The mind and body are coordinate and coexistent as one

but the body is in the mind and the mind is in Consciousness.

The mind rules via the five bodily senses and the sixth sense

that is the mind endlessly extended in all directions.

The five senses of the body are the vehicle for perception
as is the sixth sense that is the cognitive part of the brain.
The eyes see, ears hear, nose smells, tongue tastes, skin feels
and the brain perceives thought and all that comprises the mind
while Consciousness, the One Witness Seer, Sees and Knows all.

The mind is the power of reason and imagination.
Reason and imagination working in tandem
create and produce the greatest achievements
and advances in all the fields of human endeavor.
It is the balance of reason and imagination
that is the most powerful human dynamic in life.

The mind is ever changing cognition as perception and experience
and memory.

Cognition is:
all mental processes; a result of the cognitive process;
the process of knowing.

Perception is instant and prior to thought

until thought takes hold as experience.

Thought and perception and experience

are based on dual subject-object relativity

that is subjective and an illusion.

External sense perception and experience

such as a bird and its song

or the sensation of silk to the touch of the hand

is in the mind and conceptual.

Internal sense perception and experience, such as thinking

or an imagined journey or a memory of a journey taken

is in the mind and conceptual.

All experience of external and internal phenomena is conceptual.

The mind is a stream of thoughts and feelings and mental images.

A thought is:

a form created in the mind rather than the forms perceived through

the five senses; an instance of cognition or thinking; an idea.

A feeling is:

an impression; a reaction; an emotion; an intuition;

an unreasoned belief; recognition; an instinctual sense.

A mental image is:

an impression or picture of a form not present or that is imagined.

An image in itself is a likeness or representation

or reproduction of a form.

The brain and sensory system are material mutable and vibratory.

Thoughts all objects have form and are finite material mutable and

vibratory and are an illusion and a zero and nothing.

Thought is finite and fleeting.

Thought has form and vibration

and is mutable experience that is limited.

Thought is objective yet a subjective experience.

Thought is derivative and thus relative.

Thought is based on the subject-object dichotomy

and thus, dual experience that is relative.

Thought is conditioned by the past.

Thought is an illusion and a zero and nothing.

Thought is an object directly perceived by the brain

and Witnessed by Consciousness.

Thought is a finite mutable object and vibratory

while Consciousness is formless limitless immutable

and nonvibratory.

Thought objectifies formless Consciousness

that is the One Witness Seer of all thoughts and all objects.

Thought can never experience Consciousness

and Consciousness never experiences thought

this is the one and only commonality

that thought and Consciousness share.

Thought is projected onto the *Screen* of Consciousness

like a 3D movie.

Feeling and emotion have more force and depth than thought.

Feeling and emotion coupled with the intellect is powerful.

Feeling is a finer subtler mental mode

than both emotion and thought

and often on a higher level.

Feeling is not emotion

although it may be intermixed with it.

Feeling is more aligned with compassion and love than emotion

while emotion is more robust forceful and motivational.

Emotion is often reaction that is negative

aligned with desire and fear and their offshoots

such as attachment anger lust greed and so on.

There are endless shades of feeling.

Feeling is the mental mode most aligned with Oneness Truth

and is the last to dissolve before the Annihilation of the mind

that is Liberation from all ignorance and illusion.

Ideation that springs from the intellect

is based on reason and understanding.

The intellect is the cognitive faculty of reason

and conceptual comprehension and knowing

and the capacity for rational and intelligent thought.

Thought is powerful.

One thought creates and projects eons

and endless universes in endless spacetime.

One thought creates and projects the ego-I and all illusion.

One thought veils the One

like a cloud that covers the bright disc of the sun.

One thought immerses one in the dark depths of misery

while another thought lifts one to the heights.

Thought seems to divide the One indivisible but this an illusion.

Thought weaves the web of illusion.

Thought is time in a conceived space.

Thought is based on memory, the past.

Thought comes from the illusory past

and looks to the illusive future.

Thought is as ephemeral as a snowflake on the palm of a hand.

Thought springs from the ego I-thought

that is the primary / root thought.

Thought has ego and form and name.

Thought creates masks and boundaries.

Thought creates and determines experience and the world.

As we think so we become
and the world mirrors what we think and feel.

Positive thinking creates positive experience
and negative thinking creates negative experience.

What we accept or reject
determines the quality and tenor of our experience.

Thought is a force for good or bad.

Thought appears and disappears in Consciousness.

Thought has form while Consciousness is formless.

Thought is finite while Consciousness is Infinite.

Thought is Illusion while Consciousness is Reality.

The mind is the one and only miracle and the ultimate magic show.

The mind is a dreamer dreaming a dream
spinning a tale, weaving the web of illusion.

The mind is a stream of thought and ever-changing.
The mind is a vast world of illusion
created and projected by thought.

The mind is infinitely spacious like space.

The mind *facing* in all directions is everywhere and everything.

The mind is desire—the mind without desire is no mind.

The mind is the world and the world the mind.

The mind has modes and levels and planes and dimensions

and countless states and moods.

The mind is in continuous motion

as impressions inclinations reactions and associative cognition.

The mind is the creator sustainer and destroyer

of everything and all that seems to be or exist.

The mind has unrivaled power of creation and destruction.

The mind creates and projects *God above and other*.

The mind creates and projects Satan.

The mind creates and projects endless variation

as countless forms qualities experiences and so on.

The mind creates and projects

countless opposites and endless shades of relativity.

The mind is a demon of differentiation and division

that creates the illusion of separation.

The mind objectifies analyses labels and organizes.

The mind is either inclined toward order or chaos.

The mind is individual and personal

though based on universal impersonal cognitive dynamics.

The mind is a mere illusory appearance

and a superimposition on Consciousness.

The mind in motion is illusion

and when motionless Absolute Consciousness.

The mind turned outward is the ego body world cosmos

and turned inward Absolute Consciousness.

The mind is a zero and creates endless zeros

in Oneness Consciousness.

All live in the world according to preconceived ideas and beliefs.

All live in their own individual world and reality

all live in their own sphere encapsulated in a bubble of illusion.

All mental modes are imaginary states of the mind

and an illusion and a zero and nothing.

There are three primary mental modes in Consciousness:

simple awareness of thoughts and perceptions;

being engaged with but unattached to thoughts and perceptions;

being identified with thoughts and perceptions.

Instinct intellect inspiration intuition insight and illumination

are modes of the mind in an ascending order of fineness

that spring from the I-thought.

Insight is finer than intuition and intuition is finer than inspiration

but illumination surpasses insight

as it is a perpetual state of insight

and the highest and most refined mental state possible.

Both insight and illumination alone exist

in the pure / enlightened mind.

Instinct is the densest mental mode

while the intellect that is higher than instinct

brings one into the rational sphere of logic and reasoning

that is fundamental to civilization and science

but it is inspiration that enlivens and elevates the intellect.

From inspiration in an ascending order

follow intuition and insight and illumination

that lead to transcendent Realization beyond the mind.

Realization is not a mental mode or state

and is transcendent of the mind

as Reality Experience / Self Knowledge.

Realization is the Annihilation of the mind

and all imagination ignorance and illusion.

The fulfillment of the mind's destiny is its Annihilation.

The aim and culmination of Creation

is the Annihilation of the mind and all illusion

and the Realization of Reality—the One Self.

It is the human being who turns *within*

to the One Light of Consciousness.

This turning *within* is the spiritual path and journey
that is the gradual dissolution of the ego mind
in an ascending order of finer purer mental grades and levels
leading to the Annihilation of the ego mind
and the unveiling of Consciousness as the One Reality and Self.

The Annihilation of the ego mind
is Waking from the Dream of Illusion
and Liberation from all ignorance and illusion.

Annihilation of the mind is preordained.
At some point the mind surrenders to its preordained Annihilation
to rise as the *Phoenix* of Absolute Consciousness
the darkness of delusion and illusion vanishing
in the limitless One Light of Reality.

The mind like a bubble
in the boundless *Ocean* of Consciousness
is pierced by Oneness Grace and instantaneously vanishes.

The Creator mind and all illusion vanish

with the Annihilation of the mind

but Consciousness ever Is.

There is no Liberation from ignorance and illusion

without Realization of one's Real Identity.

There is no real fulfillment and completion

without Realization of one's Eternal Nature.

There is no Reality Experience / Self Realization

without the Annihilation of the mind.

And foremost there is no Realization and Liberation

without the Grace of the One.

The Annihilation of the mind is Liberation

that is transcendent Realization alone bestowed by Oneness Grace.

Liberation is to be esteemed above all else

for in the dissolution of the mind

the One Self Shines

in Absolute Fullness and Freedom.

It alone is Oneness Grace that Awakens and Liberates all

from ignorance and illusion.

The Annihilation of the mind destroys the Veil of Illusion.

Our preordained destiny is final surrender

to

our primal nonexistence

by

the Grace of the One.

Liberation

It's all a dream

until

the annihilation of the mind.

The Red of Life

The bright red of life

courses deep

in

the psyche

under heaven's blue dome.

The Mind

The mind

is

the enemy

for the Saint

and

the slave

of the Sage

and

nonexistent

for the Realized.

Dream Weaver

The mind

is

a

Dream Weaver

weaving dreams

in

the dream of spacetime

but

when the mind stops

so

do

the

dreams

while

That which ever Is

remains.

A Shadow of the Wind

The effluvium

refuse

dross and debris

of

life and living

is

seemingly endless

like the mind

and

like the mind

ephemeral

nothing

like a shadow

of

the wind.

Outer Space in Inner Space

Deep

in

the Grand Infinity of Outer Space

phenomena are ultra

and

celestial

nuclear energy radiant

massive

space boundless black

luminous with endless luminaries

rotating spiraling in languid motion stately

majestic

all immured

in

the Inner Space of the mind

infinitesimal

looking in all directions

projecting its creation

Outer Space

onto

the limitless Screen of Consciousness

like a 3D movie.

Nebulous

Resolution

in

the rising winds of thought

is

a temporary respite

in

the nebulous calm of relief.

The Opposites

All opposites

abstract mental constructs

their discordance and interdependence

exist

only in the illusory world of the mind

an illusory superimposition

on

Consciousness.

The Flow of Life

The bright flow of life

coursing rivers

clear or clouded

flowing veins

over

all the far-reaching Earth

wide and mighty

or

shimmering threads

an

infinitesimal aspect

of

the multifaceted mind

facing in all directions.

Thought's Soft Breeze

A sun

a diamond

ash blowing about

tears shining in the light

foot prints

fingers weaving

bright birds

wing in flight

fire sparks above

crystal air bright

eyes reflecting

like moonlit pools

on the mountains

rolling seas

green grass

waving

in

thought's soft breeze.

All mental modes are illusions.

Insight is divine thought.

Insight is a mental mode

that is a clear pointer to Oneness Truth.

Insight aligned with Oneness Truth

is pure / enlightened mental experience.

Insight penetrates and clearly sees and precisely knows

in an instant.

Insight suddenly appears like a light turned on in the dark.

Insight of any sort is a clear certain knowing

via pure subtle thought.

Insight can see into anything and everything.

Insight confirms the truths we have faith in.

Insight is essential for spiritual clarity that is dynamic.

Insight opens *doors*

to keen and vast spiritual comprehension

and purifies and elevates the intellect.

Insight is aligned with wisdom.

Insight is finer than intuition

and intuition is finer than inspiration

but illumination surpasses insight

as illumination is perpetual insight as divine feeling

that is the highest most refined mental state possible.

Both insight and illumination

alone exist in the pure / enlightened mind.

Illumination transcends thought

while insight is pure thought that is divine.

Illumination is divine feeling on the highest mental plane.

Instinct is the densest mental mode

and the intellect that is higher than instinct

brings one into the rational sphere of logic and reasoning

that is fundamental to civilization and science.

But it is inspiration that enlivens and elevates the intellect.

From inspiration

in an ascending order

follow intuition and insight and illumination

that lead to Realization transcendent of the mind.

Instinct intellect inspiration intuition insight and illumination

are all illusory mental modes that spring from the I-thought.

Realization is the culmination

of the spiritual ascension of the mind and its Annihilation.

The Annihilation of the mind is transcendent Realization

that is Liberation.

To turn within is the spiritual journey
that is the gradual dissolution of the ego mind
in an ascending order of finer purer mental modes and levels
leading to the Annihilation of the ego mind
and the full unveiling of Oneness Consciousness
the One Reality and Self.

The Annihilation of the ego mind is Waking
from the Dream of Illusion
and Liberation from all ignorance and illusion.

Abandon the I-thought and all mental modes

and

abide in the Absolute Silence of Oneness Perfection

the

One Reality and Self.

Elliptic

A lone black drop
on a white plate
adamantine.

Mere breathing
simply watched
stillness peace.

The sensory
but a shadow
illusory.

A flame flaring
immediate
vertical bright.

A hushed snowfall
in a forest
falling serene.

Sapphires blue

on a palm

rolling round.

Buddha's Smile

Buddha's smile

serene

in

transcendent

Bliss

brings Peace to all.

Joining with the Jinn

Receding on a recess

interior

joining with the jinn

in

supernatural play

abiding

in

a sweet interval

in

a bitter world of clay.

Starlit Brilliance

A vast mass of stars

untold sparkling diamonds

in

the black grandeur of the night

an awe in the throat

inspirational

an encomium

to

their

ancient

massive cosmic power

distant magnetism

a

starlit brilliance

in

the mind's eye.

The Cross

Vertical and horizontal

Crossing

at

the

Intersection Point

a

concentrated energy

and

a

Cross to Carry

yet

master and transcend.

Beyond the Veil

Some say the world is real

others say it is a mystery

and

some say it is for the sake of the Creator

while

others say it is for ours

but

those who See

beyond the Veil

Know the world

to be

but

an illusion and untrue.

God is nonexistent

for

those who doubt

and

transcendent

or

rendered in human likeness

by

those who believe

but

is

loved and adored

by

those of faith and heart.

The human

is

believed by some

to be

a means to God

or

a medium for God's sake

but

those who See

beyond the Veil

Know God

to Be

Absolute and Free

yet

ever dwelling

in

the human heart

in

secret or revealed.

Remembrance

Knowing change

yet

seeking immutability

through a curtain of rain

in

the dim light of uncertainty

then remembering

the tiny flame

ever burning in her heart

rekindled surety

and

she turned

to

gaze at Immortality.

All Wake to The Timeless

Ingenuity and inspiration

built magnificence

ephemeral

in the midst of the changing

seasons.

All that appears

disappears.

All Wake to the Timeless.

I Woke

I woke

from a crazy dream

never

to

dream again.

Poetry Everlasting

Poetry everlasting

timeless

like immortal love

flows from the heart

like a river

certain and stunning

like a diamond.

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The ego veils the One Self.

The ego is the Veil of Illusion and the Shadow of the One.

The ego has a beginning and an end in Illusion.

The ego is the finite false I that veils the One Self
that is the Infinite Real I.

The ego must *go* for the One Self to fully Shine, unveiled.

The ego is ignorance in illusion and a zero and nothing.

The ego is the original primal lie from which all other lies spring.

The ego is mere fiction.

The ego is the *knot* that ties the body to the mind.

The ego rules the world via the five bodily senses
and the sixth sense that is the mind extended endlessly
in all directions.

The ego and mind are one and the same.

The ego created by thought is an abstract mental construct.

The ego is a mental abstraction and a protracted contraction.

The ego is a powerful creation and projection of the mind

that is sustained by memory.

The ego is a dynamic thought-form, like a ghostly existence.

The ego is the underlying force of thought.

All thought has ego.

The ego is a false identity

that springs from erroneous assumption and belief.

The pretentious portentous ego

is an assumption and presumption.

The ego is invasive and inclined to leave its imprint on everything

thus, tainting all that it touches.

The ego has unrivaled power of creation and destruction

as thought.

The ego is based on the past

memory

and looks to the elusive future ever shunning the Here and Now.

The ghostly ego lives in the graveyard of the past
yet plans for and fantasizes about the future.

The ego is a mere mental construct

that seemingly has a life of its own.

The ego is the I-thought.

The primary I-thought is the original and root thought

from which all other thoughts spring.

This dominant I-thought is the ego and driven by the ego.

When the ego I-thought ceases

all thought ceases along with it

as well as the body mind world cosmos.

With the dissolution of the I-thought the ego vanishes

and along with it the body mind world cosmos.

Seek the source of the I-thought and it vanishes
in its Source—Consciousness.

The ego is the false I that is the I-me-mine and I-you-it.

The ego I-me-mine is an absolute fixation.

The ego is cultivated and magnified by thought

thus, thought can never eliminate the ego that is the I-thought.

The ego is based on identification with the body.

The ego is *I am the body* identification

that springs from ignorance

and creates and sustains the illusion of separation.

Identification with a form or body is universal.

The ego that has no form takes the body as its own

and flourishes thereby.

The ego is imaginary and a mere formulation that subsists on form.

The ego is active in the world for the sake of the body.

The ego as body identity keeps all bound by desire and fear.

The ego as body identity is conditioned and limited.

The ego is the driving force of the body
and the axis of the mind and all ignorance.

The ego as intention drives the body
and creates life and living in the world.
Drop the ego and the world vanishes.

The ego is the primary agent of all experience.

The ego is the doer and owner.

The ego is the *game of life*.

The ego idolizes itself.

The ego has a story and history
and is engrossed in and defined by it.

The ego seeks name and fame.

The ego is deeply attached to identity self-image and self-esteem.

The ego defines itself as inferior or superior or equal to others.

The ego is the superior authoritarian.

The ego is the critic and judge and assumes itself as righteous.

The ego may be good or bad or both

and is ever tainted by differentiation.

The ego is a slave of desire and a captive of fear.

The ego is its own fortress in the world.

The ego is the controller and dictator.

The ego is the conqueror and victor.

The ego seeks survival security and conquest.

The ego creates boundaries and walls

to wage its perpetual battle of offense and defense.

The ego is devoted to self-improvement

and given over to self-help programs.

The ego adopts attitudes personas and roles

such as leader martyr hero rebel victim peacemaker and so on.

The ego is ever the rationalizer.

The ego is the ultimate lie and liar.

The ego is Satan.

The ego is the root of all vice misery and suffering.

The ego keeps the world of illusion spinning.

The aim and goal of the ego is final victory.

The ego resists egoless Presence.

The ego ever hungry for justification and victory

resists the egoless thought-free Now.

Upon reaching a point of insight by the Grace of the One

belief and faith in the ego-I falters

and we turn from the darkness of ignorance

to the Light of the One Self.

When ignorance is recognized for what it is

when the illusion of the ego is discerned

when the ego is clearly seen as an imposter

our Real Identity as Absolute Consciousness

the One Self

is Realized.

Unlike the ego the Immortal One Self has no story or history

and is ever the Unborn and Uncreated

that is transcendent Oneness Reality.

The transcendent One Self is purposeless Perfection.

It alone is the ego that has purpose motive intention and aim

with final victory as its goal.

But victory is never final as life offers only change and limits.

Insight into the nature of the ego can solve all puzzles

unravel all tangles

and unburden unbind and free one.

When the ego is ignored it dwindles and dies.

It is imperative not to believe in or bow to the ego.

Life and living in alignment with Oneness Truth

frees us from the ego and all ignorance and illusion.

Go to the Source of the ego—Consciousness—to find it nonexistent.

Be at the One Source—Consciousness—and the ego dissolves in It.

Introvert the mind and it dissolves in its source—Consciousness.

The ego appears and disappears in Consciousness—the One Self.

Consciousness

the One Self and Reality

is egoless and transcendent of the mind.

Mere Being is the egoless stateless State of Oneness.

The ultimate and preordained destiny of the ego

is final surrender to its primal nonexistence

by way of Grace that is the Power of the One.

When we realize that we have no real power or volition

and that all is in the Perfect *Hands* of the One Power

we surrender to/as Oneness

and our dissolution is the unveiling of That which ever Is

Here and Now.

The dissolution of the ego is the unveiling of the One Self

ever Here in the Eternal Now of Oneness Perfection.

The Key

The ego is a prison cell

to which we have the Key

to unlock the Self

and

Be ever Free!

A Norm

Crystalized

fused with the past

in bias on a tangent

a conditioned existence cramped

in a bubble of miasma

a norm.

The body is the Shadow of the One.

The body is inert and never says I AM.

The body cannot exist apart from Consciousness, the One Self.

The body is assumed as our primary identity

along with the ego mind.

The body has form and is matter / energy

that is temporal and limited.

The body is the instrument for functioning in the world.

The body is born and changes and dies.

The body is a finite organism

and like all organic matter deteriorates and dies.

The human body is crowned with the brain

coexistent with the mind.

The brain is the center of the nervous system
where the electronic impulses that create thought are contained
and the body mind and environment are coordinated
and from where the *Spirit* of life and living fundamentally spring.

The human is the *Crown of Creation*
and it is from the brain / mind that the Creation springs
and is projected.

The heart is the center and *force of life* in the body;
the lungs breathing universal air in and out of the body
are the *breath of life* and coordinate with the mind
that is the sixth sense extending endlessly in all directions
like the wind;
and the *belly of fire* is the body's demand for the intake of water
and the fruits of the earth, as *food is life*.

With a loss of blood there is potential loss of life
and with a lack of air there is potential loss of life
and with a lack of water and nutriment

there is potential loss of life

as the *Spirit of Life* resides in the heart and lungs and belly

coordinated and controlled by the brain / mind.

The five senses of the body are the vehicle for perception

as is the sixth sense that is the cognitive part of the brain.

The eyes see, ears hear, nose smells, tongue tastes, skin feels

and the brain perceives thought and all that comprises the mind.

All perception—sensory and cognitive—is taken hold of

by thought as experience.

A physical sensory activation of a sensory organ
and its nerve impulse signaling information to the brain
that is processed as image sound smell taste or touch
becomes perception that is mental experience.
It is vibrations chemicals and molecules
that activate the five sensory organs.

The body is composed of the five essential elements

earth water fire air ether

that form the five sensory organs and their respective sensations.

The body is a reflection of the cosmos

and made of stars and oceans and so on.

The body and cosmos are coexistent

and interconnected intermixed as one.

The ego body mind world cosmos
appears and disappears as one
in the continuum of Consciousness
and is an illusory superimposition and a zero and nothing.

The body does not exist apart from the world and cosmos

and the body world cosmos does not exist apart

from the ego mind

which does not exist apart from Consciousness.

There is nothing apart from Consciousness

as Consciousness is the One Source Substratum Substance

of everything and all that seems to be or exist.

Consciousness alone ever Is.

Life and living are based on:

obtaining water and food and preparing and consuming it;

the protection and maintenance of the body and family;

mating and caring for offspring and family.

Humans are biologically programmed to survive

thus, security is an issue for most due to the inherited drive

for both physical and psychological survival.

Nature is a food chain that is the energy source

for all species of life:

forms consume other forms for energy sustenance and life.

The food chain exists in the gross material sphere
although there is subtle energy consumption
and transformation on all levels of cosmic existence.

Killing/destroying for consumption to sustain life
is the fundamental basis of sentient life.
It is impossible to be truly nonviolent
as merely breathing destroys life.

Life is creation and preservation and destruction.

All humans are uniquely genetically programmed and individual.

Everyone has a thumbprint that is uniquely individual
and unlike any other.
Everybody is individual and singular
and a reflection of the endless diversity and variation
of the infinitude.

There is no one exactly the same as another.

Genes/DNA change over time—everything changes on all levels
in all ways.

Body-identity is mortality and ignorance in illusion.

If the body is assumed as the self and real
the world and cosmos are external separate and real.

When we take the body to be real and identify with it
then there is a multiplicity of individuals and forms in the world
but when we recognize the body to be unreal
then everything and all that seems to be or exist
is an illusory superimposition on Oneness Consciousness
the Immortal One Self.

We are not the body nor is the body ours
nor are we the doer or enjoyer
we are the Unborn Self that is the One Witness Seer
of everything and all that seems to be or exist.

Attachment to the body and sense objects

is the basis of life for most

both which are sources of pleasure and pain.

Self-image based on the body is idolatry.

The widely prevalent cultivation of self-image

is based on the desire for attention acceptance security and esteem.

The world idolizes the body and creates idols of all sorts
ever enmeshed in idolatry and superstition.

Idolatry and superstition are ingrained and embedded
in culture and society;
we live conditioned in a conditioned world.

The body is finite limited and mortal

and can never experience

the formless limitless Immortal Self—Consciousness.

The body is made evident possible and sentient by Consciousness.

The body appears and disappears in Consciousness.

The body is an illusory superimposition on Consciousness.

Consciousness is the One Self and Reality

while the body and all forms are an illusion

and a zero and nothing.

The existence or nonexistence of form

makes no difference to the formless One Self

Absolute Consciousness.

Humans have three illusory bodies.

Each individual is one living unit
with three coexistent bodies / forms
that perform their respective functions
in coordination and harmony with each other.

We have three bodies:
the gross / physical body
the subtle / energy body
the mental / causal body.
These three bodies are coexistent coordinate interconnected
and appear and disappear as one.
All three are the Veil of Illusion and the Shadow of the One
and a zero and nothing.
All three are an illusory superimposition
on Oneness Consciousness and pervaded by Consciousness.

The gross body is the densest veil

and the subtle body is a finer veil

and the mental body is the finest veil.

The One Light of Consciousness Shines

through the gross veil the least

and the subtle veil more

and the mental veil the most

to the point that some who are on a pure / enlightened mental plane

think or feel they are Realized

but in actuality are still connected with the I-thought

and mental body.

Only when the mind is Annihilated

does the Veil of Illusion vanish

and Oneness Consciousness Shine, unveiled.

All humans are full but veiled Consciousness.

All have a gross body and a subtle body and a mental body.

Most identify primarily with the gross body and the mind;
and some do not identify with the gross body
but with the subtle body and the mind;
and a few identify only with the mental body
that is the pure / enlightened mind.
And a rare one does not identify with a body or the mind
but with the formless One Self
Absolute Consciousness.

The three bodies have their respective three worlds
in ascending planes of experience that are a mind creation
projected onto the *Screen* of Consciousness.
Everything is the Creator mind—all is the Creator's Dream.

Identification with the gross body and gross world
is dense experience;
identification with the subtle body and subtle world
is subtle experience;
and identification with the mental body and mental world
is divine experience.

Oneness Consciousness alone is Absolute Experience

as Self Knowledge that is Reality Experience

transcendent of the three bodies and their worlds.

The gross body is inert and dense.

The gross body is a reflection of the cosmos

and made of the five essential elements

earth water fire air ether

and the stars and oceans and so on.

The gross body is a splendid structure mechanism and tool

for the human creative spirit and its deep and profound urge

to know and experience.

The gross body's brain and nervous system

is a medium for Self Realization and Reality Experience.

Neuroscientists have found that the brain becomes hyper-connected
that regions of the brain that normally have little to do with each
other become linked in heightened pure states of mind
akin to Oneness Experience.

Scientists do not know what Consciousness is
or where it comes from and they never will
because Consciousness is formless nonmaterial and nonvibratory
and not an object that can be observed and measured.

The gross body is made of matter and is inert

dense limited and temporal.

The body is born changes deteriorates and dies

and is the medium for sensory experience

and the vehicle for life and living.

Most identify their existence and sense of self

with the gross body that is uniquely individual.

There is no thumbprint in existence
that is exactly the same as another.
Everybody is individual and unique
and a reflection of the nature of the infinitude
that is endless variation and differentiation.

The body is dependent on air and water and nutriments

and protection from the elements for its survival.

The primary focus of those whose identity is the gross body

is on the protection and maintenance of the body

and sex and reproduction.

The body is biologically and genetically programmed.

The body is confined and limited by its natural properties;
it comes it lingers awhile and then it goes
but the One Self ever Is.

The body mind world cosmos is interconnected as one.

The brain body world cosmos is in the mind

and the mind is in Consciousness.

The body is not evident or possible without Consciousness

nor is it apart from Consciousness.

Experience of the gross world is dense.

The gross body and world

are based on dual subject-object relativity

and are an illusion and a zero and nothing.

The subtle body is the link

between the gross and mental bodies.

The subtle body is finer and less limited than the gross body.

The subtle body is an energetic form and structure

that is the manifestation of mental impressions

inclinations and desires

thus, also called the desire body.

The subtle body is a vital force and powerful energy

that imbues the gross body with the *force of life*.

The subtle body is connected with the gross nervous system

and brain / mind and has three main energy channels

running along both sides of the spine

and along the spine itself on up into the brain

to the top of the head

through which vital force / subtle energy flows;

this energy also flows through a network of connecting channels.

There are seven concentrated points

along the central channels that are called chakras.

It is in this chakra channel

that the subtle *kundalini* energy runs.

The subtle body has five internal subtle senses

that correspond with the five external senses of the gross body

that far surpass gross sensory experience

in brilliance beauty and intricacy.

Subtle experience is magnified

and immensely blissful and powerful.

The term kundalini stems from yogic philosophy
and is defined as an indwelling shakti power/energy
that can be awakened to purify the body mind
and ultimately conclude in Union with the One Absolute.

Kundalini energy is described as dormant potential power
coiled at the base of the spine, like a sleeping serpent
and its awakening as an ascending movement along
the central channel up to the Crown chakra
located at the top of the head
to permanently reside there.

Various yoga systems practice meditation mantra breathing
and posture exercises to awaken kundalini energy.

Those identified with the subtle body

and stationed in the subtle world have a vast command

of energy / power and are able to perform supernatural acts

and miracles.

Some bring others to their level.

All are disassociated from the gross body and world

but still associated with the ego I-thought

and the mind and desire

so, must beware of misusing their tremendous power.

Identification with the subtle body and world

is a *turning within*

to the limitless One Light of Consciousness

and is the beginning of the dissolution of the ego mind.

Experience of the subtle world is supernatural.

There are differing planes of experience in the subtle world.

The subtle body and world

are based on dual subject-object relativity

and are an illusion and a zero and nothing.

The astral body is the link

between the gross body and the subtle body.

Only those identified with the gross body and world

experience the astral body and world.

The astral sphere is like an imprint of the subtle

over the gross but neither gross or subtle.

Some recollect dreams that are astral world based

and some experience the astral body and world and astral-project.

Those who experience the near death of the gross body

enter the astral world for a brief time.

Heaven and hell are experienced in the astral world

but are only temporary experiences.

The astral body and world

are based on dual subject-object relativity

and are an illusion and a zero and nothing.

The mental body is the seat of the mind.

The mental body is also called the causal or desire body
because it stores the seeds—causes—of all desires.

The mental body is the *storehouse* / reservoir
of all latent impressions and inclinations and desires
that determine the overall state and quality of the mind
that is continuously being directed and modified by them
all the while accruing new impressions.
This dynamic creates repetitive action and reaction
that automatically keeps the *Wheel of Karma* revolving.
Impressions are imprints akin to genes.

The manifestation of impressions inclinations and desires
takes place in the subtle body and is expressed
via the gross body and the brain.
If there are no impressions
there is no ego body mind world cosmos
and That which alone ever Is Shines.

Impressions determine the qualities of the ego body mind
and life experience as a whole
and they determine which body we associate and identify with
gross or subtle or mental.

Those identified with the mental body and world
are dissociated from both the gross and subtle bodies and worlds.
They experience the high mental level
of the pure / enlightened mind
and the inner planes of the mental world.

These are the enlightened and illumined ones
who have full mastery of and command of the mind and the heart.
Their mind and heart are pure and in alignment with Oneness Truth
and although they have complete control of desire
they are not desireless as the One.
The I-thought is minimal
and their actions are essentially selfless
and their mind and heart divine.

They behold Oneness everywhere

yet still identified with the mind

do not Experience the One Absolute as their Real Identity.

They are able to read the minds and hearts of others

and some bring others to their high level.

The mental world is one of mastery

and is the zenith of divine experience.

The mental body and world

are based on dual subject-object relativity

and are an illusion and a zero and nothing.

The One Self is formless and Free.

So long as there is misidentification

with a body and the mind

ignorance in illusion will prevail and obstruct

Realization of our Real Identity

as the formless transcendent One Self and Reality

that is Absolute Freedom

and only when the mind is Annihilated

is there Liberation from all ignorance and illusion.

It alone is Oneness Grace that Awakens and Liberates

all from ignorance and illusion.

The Eternal One Infinite

our Immortal One Self

ever Is

Here

in

the timeless Now of Oneness Perfection.

Deep sleep and waking and dreaming

are three revolving states we experience.

There also is a fourth stateless State

that of the transcendent One Witness Seer

referred to as *wakeful sleep*

since as in deep sleep there is no ego body mind world cosmos.

The Witness Seer

is the One Light of Awareness

that *Sees* everything and all that seems to be or exist.

In deep sleep there is no I-me-mine

or body mind world cosmos.

Deep sleep is the Emptiness of Absolute Existence, but unaware.

Sleep comes when the body is tired

and the mind is weary or quiescent.

Sleep is key for rest healing rejuvenation and fleeting Freedom.

In deep sleep one loses one's false identity
and returns unconsciously to the Bliss of the One Self.
All welcome and happily fall into the peace and freedom
of deep sleep.

When mental impressions stir one to wake
to the conscious awake state that is life and living
as the I-me-mine in the world
the deep sleep and dreaming states dissolve
and thus, rest and activity alternate
in the revolving waking and dreaming and deep sleep states
that appear and disappear in the One Light of the Witness Seer.

The dream state involuntarily occurs at various intervals of sleep
when the subtle and mental bodies are active
and the gross body is unconscious.
In the dream state when the body is unconscious
there is no contact with the external world
but the ego mind is active in an obscure way.

Similarly, in the waking state the ego mind is active

but projected outward as the body world cosmos.

Dreaming is a dream within the dream

that is the waking state.

All is the Dream of the One Creator

and an illusion and a zero and nothing.

It is mental impressions that project

the three revolving states

waking and deep sleep and dreaming

onto the *Screen* of Consciousness

that is the One Witness Seer and fourth stateless State.

When dreaming we wander about in a dream-body
but when we wake from dreaming
where is the dream-body?
Likewise, when we Wake from the Dream of life and living
where is the ego body mind world cosmos?

In deep sleep when the body is unconscious

and the ego mind absent and reduced to its causal state

nothing exists:

this is proof that one's relative existence

is an illusory creation and projection of the mind

that the ego body world cosmos

alone exists in the mind

and is projected externally in the waking state.

In deep sleep there is no ego mind or world

and in the fourth stateless State of the Witness Seer

there is no ego mind or world:

this proves that the ego mind

and its creations and projections

are all unreal and essentially nonexistent.

In deep sleep and the stateless State that is the One Witness Seer

there is no ego body mind world cosmos.

All that has form and name is but a concept

and an illusion and a zero and nothing.

The deep sleep and waking and dream states

do not exist in Oneness Reality.

We Wake from the Dream

of the revolving sleep waking dream states

to Oneness Reality by the Grace of the One

Deep Sleep

The absolute grandeur of sleep

an obsidian palace

black seamless vast smooth

a nothingness I fall into unaware

and

rise from reluctant

with the sudden departure of freedom and ease

wondering

if

I had been sweetly kissed

in secret

by

Bliss Itself.

53

Death is the *Great Dissolution* that is but an illusion.

Death is the ultimate *golden* opportunity

as in death all beings return to their Source

the One Absolute.

All that emerges from the One Source returns

like all rivers run to the sea

all rivers flow to their ultimate destination, the ocean.

Death is the great leveler—death is the great equalizer.

All lose all that they possess in death.

Dust to dust, ashes to ashes

is the final image and message of death.

Death entails the absolute release of the body

and the dissolution of the persona

and is the ultimate *golden* opportunity

for certain instant Liberation from the Creator mind

and all ignorance and illusion.

Death is a radical surrender to the Unknown

that is Liberation from the known.

That which is known is transient and illusory

while the One Unknown

is the transcendent One Reality and Self.

The mortal false I perishes to arise from the ashes

as the Immortal *Phoenix*

that is the Real and Shining One I unveiled.

Upon death all Wake from the dream of mortality

to the Immortal One Self that is the Unborn and Uncreated.

All are Liberated from all ignorance and illusion

by Oneness Grace.

All, no matter what conditions or state of mind at death

Wake to/as the One Absolute by way of Oneness Grace.

All Realize the Immortal Self upon the death of the body

all are Liberated as transcendent Oneness Freedom.

If there is attachment at the instant of death

spontaneous purification dissolves all impressions and desires

in an instant

just as water in a mirage in the desert vanishes

upon close inspection.

Death and the dissolution of Illusion is to be celebrated.

Birth and life and death

are the illusory Dream of the Creator.

It is Oneness Grace that Awakens and Liberates

all at death from all ignorance and illusion.

We are born into Illusion and *die* to illusion upon death.

All are Liberated upon death

yet we mourn death in our ignorance.

Death is a delusion that comes from identifying the I

with the mortal body

the ego takes transient flesh as I and veils the Unborn One Self.

Death and birth and life pertain only to the body and not to the Self.

The false identity as the ego body mind

dies with the death of the body.

Some intuit or Know their immortality

and never feel the *shadow of death* in their lives

but those who identify with and are attached to the mortal body

feel the *shadow of death* and fear it

for death is their demise.

Dying may involve physical pain

but this pain and suffering is an opportunity

for detachment and disassociation

from the body and persona during the death process.

Throughout life we experience *mini deaths* of all sorts.

A spiritual practice for some is to practice *death in life*

that entails a loss of ego

or a shift that is a turning to the One Light

or the Annihilation of the ego mind that is Liberation.

Some do not fear death because of faith

or the conviction that heaven awaits them upon death.

This faith or conviction in heaven is aligned with Oneness Truth

that is the *Heaven* of Oneness Perfection.

But the heaven that is the opposite of hell

is an ego mind creation and projection

that is ignorance in illusion.

Those who identify with Spirit welcome death

as ascension or transcendence

or Annihilation in the One Absolute.

Those who believe in reincarnation do not ponder death or fear it

as another body and life await them in their future.

Reincarnation / transmigration is the belief in the false ego I

as a prolonged extension in spacetime as rebirth in a body.

The ego identified with and attached to the body

deeply passionately desires personal victory

victory over death and its enemies

and victory in another life via reincarnation.

In the one interconnected intermixed totality that is the infinitude

there exists an endlessly vast

immensely complex universal collective memory

of all lives over endless spacetime.

And there are those who knowingly or unknowingly

tap into this vast collective memory

and accrue mental impressions that come to life

in a dynamic energetic way

so that the individual assumes and imagines that this experience

is a personal past or future life

and from the standpoint that we are all the one totality this is correct

but to claim it as *mine* is incorrect.

There is no individual personal reincarnation as such

but there is one incarnation as one individual facet

of the totality that is *mine*.

We are either all or none of the infinitude

everything or nothing

but essentially both these stances spring from ignorance.

The Eternal One Infinite Alone Exists

while the infinitude is Its Shadow and a zero and nothing.

Everything is an imaginary and illusory creation and projection

of the ego mind

including the belief in individual personal reincarnation

but still to be relegated to ignorance in illusion

like all other beliefs and assumptions.

There is no birth or rebirth, nor is there death

all beginnings and endings are an illusion.

We are the One Self

Unborn and Uncreated.

Embodiment individuality and personhood

are an illusion that appears and disappears

in Oneness Consciousness.

Birth is the illusory emergence from the One Source

and death the return.

Birth change and death are illusory superimpositions
on Oneness Consciousness.

All are essentially innocent and blameless in ignorance.

All Wake from the Creator's Dream

all are Liberated by Oneness Grace

having had no real power volition choice or option in life.

Everything is an illusion in the *Grand Illusion*

everything is an illusory appearance that dissolves

into the zero and nothing that it is.

Death is an illusion as are birth and life

all live in a web of illusion until death's *Great Dissolution*

that too is but an illusion

and

a zero and nothing.

The Creator is the Power and Manifestation of the One.

The One Power is the Creator of the *Grand Illusion*.

The Power of the One is the Almighty Creator of all illusion

and the principle of ignorance that makes illusion

and the false seem real and true.

Everything happens and is predetermined

by the One Power and Will of the Creator.

The emergence and dissolution of the Creation
is a Dream that is the Play of ignorance in illusion.

The One Creator creates a zero.

Everything is an illusion and nonexistent.

The Almighty is the Creator of the infinitude

that is the cosmos

and everything and all that seems to be or exist.

The Creator is the Cosmic Intelligence

in charge of the infinitude.

Everything is programmed and predetermined

by the One Almighty Creator.

Everything happens as one interconnected intermixed

totality by the One Power and Will of the Creator.

Not a leaf or hand or cloud or particle or thought

happens and moves without the One Power

and Will of the Creator.

Whatever infinitesimal iota or intake of air

or beat of the heart or blink of an eye

or action or attainment or loss or power

whatever comes to or proceeds from us

is by the One Power and Will of the Creator.

There is no volition no real choice or option

no individual personal power or will

there is only the One Power and Will of the Creator.

The Creator's Play Toys

are everything and all that seems to be or exist.

The Creation is an explosion and prodigious display

of endless variation.

Illusion is everything that changes.

Mutability is a trick of Illusion.

The illusory Creation is the Dream of the Creator

we are dreaming.

The Creator is the Master Illusionist.

The Power of the One is the Creator

that creates illusion and ignorance and makes it seem real

and is thus the Ultimate Mystery.

The Creation is the *Magic Show* and *Cosmic Joke*

of the Almighty Creator.

The Almighty Creator is the illusive Magician

conjuring tricks and illusions that seem real.

The Almighty Creator has all hypnotized

and under Its Spell

all are spellbound and fixated in fascination.

The Almighty is the Creator and Projector

of the infinitude onto the limitless *Screen* of Consciousness.

The Almighty is the Creator and Projector

of all illusion delusion ignorance imagination and falsity.

The Creator is the origin of the ego mind

and its projecting and veiling power.

The Creator and the ego mind

are coordinate and conjunct as one.

When the Creator appears

the ego mind and everything and all that seems to be or exist

also appears

and when the ego mind disappears

the Creator and everything and all that seems to be or exist

vanishes along with it.

The Creator and the ego mind

rise and fall as one.

The ego mind deludes the entire world
and is the Veil of Illusion that obscures Reality.

The Creator's limitless Imagination

as the illusory infinitude is but a dream.

The Creator's illusory infinitude is the Play of diversity

in duality as differentiation division and separation

in the form of opposites that define each other

and are ever relative in dynamic coexistence.

Some of the major players are: reality-illusion infinite-finite
subject-object knowledge-ignorance positive-negative
attraction-repulsion good-bad right-wrong and so on.

The Creator brings into existence an endless multiplicity

of forms and formulations

that are but an illusion and nothing.

The Creator creates endless variations of relationship

within the expanding and contracting space of separation

ever fixated on beginnings and endings.

The Creator is ever spinning illusion

ever tracing circles and circles within circles

ever projecting spheres and spheres within spheres.

The Creation is a monumental lusty thrust to Infinity

based on forms generating and consuming other forms.

The Creation is relentless change

as growth evolution involution transition alteration modification

mutation conversion transformation metamorphosis ascension

and so on.

Illusion is unfathomable.

Illusion and the One Reality will ever be a mystery.

The epic vast grandeur and intricate play of the Creation
is beyond comprehension and imagination.

The Creation envisioned is a vision that renders one stunned
in absolute awe
yet falls short of the full import and magnitude of It.

Our experience of the one totality
that is the endless infinitude is infinitesimal.

It is hard to reason or imagine how something
so seemingly real as the body mind world cosmos
is but an illusion and nonexistent.

All that we experience is an illusion

all that happens is an illusion.

To know something to know anything is to know Illusion.

Everything and all that seems to be or exist

can be traced to the One Almighty Creator.

All that appears and disappears is an illusion.

You and these words you are reading are illusory.

The Creation is the *Grand Illusion*

that astounds and confounds yet is but a zero and nothing.

The Creation and mind vanish

in the Absolute Silence of the One Reality.

The mind dissolves in the transcendent Here and Now.

Illusion vanishes with the Annihilation of the ego mind.

The mind when searched for is found to be nonexistent.

In any existential search nothing is to be found
but the limitless Silence of Absolute Consciousness
the One Reality and Self.

The Creation is the Magic Show of the Almighty Creator.

All men women children and creatures and heaven and hell

the world the sky above the seeker and devotee all Avatars

all angels and demons all gods and goddesses

the cosmic forces stars and moons and planets galaxies universes

all dimensions particles vibrations all prayers

and working hands and seeing eyes all the eons of time

and *God above and other* all that is visible and invisible

all sound and impacts the body and beating heart

and breathing entity all inspiration and aspiration

all action and inaction all summits and declines

all light and darkness all victories all hope all experience
all that happens all that seems to be or exist is but a dream
mere imagination an illusion and a zero and nothing.

Only for those with Reality Experience
transcendent of the mind
is it crystal clear what is illusion and false
and what is real and true.

Only those who Know everything to be the work of Illusion
see yet do not see and hear yet do not hear
and are the Bliss of transcendent Freedom.
Only those who ever abide in the Absolute Silence of Reality
are transcendent of the mind and all ignorance and illusion.

The One Power is the Almighty Creator of the *Grand Illusion*
the Master Illusionist and Trickster
while Grace Wakes and Liberates all from the Dream
to the One Reality.

Maya's Spell

Maya has everyone under Its Spell

spellbound

even some who have had a sip

of

the True Wine of Reality

succumb

to Its Wiles and Charm.

Only those who See beyond the Veil

and

Know Authentic Absolute

from

counterfeit forgery

will never be enticed

enchanted

ensnared

by

Maya's Mysterious Magic.

Maya’s Wall of Illusion

Lilting sad

blue tilting

feeling a castaway

in

tenebrous depths

yet sentimental

mixtures of indulgence

a strange dream

lingering

while watching the light

play

on Maya's Wall of Illusion.

Ephemeral

The beauty

tragedy

mystery

of

life

is

vast

poignant

ephemeral

like a snowflake

on the palm

of

a

hand.

A Sort of Common Experience

Wisps

of figments

of fragments

in a world wavering

not solid enough

to keep an easy

balance

in such a mutable

unsure place

merely residing

on the surface.

Who Wakes?

Dreaming dreams

a dream

of

a phantom dreamer

a dream

within a dream

so

Who Wakes?

from

the dream of dreaming

when

all

is

but a dream.

Cosmic Joke

Maya

inscrutable unfathomable

until

Its deception is known

to be but an illusion

a

Cosmic Joke

hoax and scam.

Lone Cart Man

A lone Cart Man

with a dream

a force on wheels

with pointed purpose

pushing nothing to nowhere

leaning into time's great illusion.

Ancient Box

An Ancient Box

a

form most magnificent

magical

alluring

with

Creation's Imagery

carved

was

opened to discover

its

long held Mystery

but

found to hold nothing

only emptiness

a

veritable void.

Mirages

Opening an arcane umbrella of images

then twirled like a fast spinning wheel

in

the limitless Sky of Consciousness.

Bending low to caress

the still water's surface

ripples erasing

a reflection.

Stillness under the stars

far flung cosmic twinkling

radiant bliss in the effulgence

of

transcendent silence.

Mountains rocks stones sand

notable signals of eternity

storing aeon's wisdom

mere illusory superimpositions

on

Absolute Existence.

Delusion

False assumptions

building delusion

a habitation we decorate

fiercely protect

and further build upon.

All Is but A Dream

No way to wriggle out and away

from

fate's decree

destiny's design

outwit the foreordained

when option is imagined

choice predetermined

volition a delusion

but who cares?

Be Free

for all is but a dream

we Wake from.

Separation

White

bright

an expanse of brilliant light

and

a trembling in separation

yet hopeful

in reverberation

for everlasting union

day and night.

Absorption in Illusion

The beauty

of

the play of light

and

play of love

one could forever

be

absorbed

in

by.

Relationship in Spacetime

Maya

Creates Projects

endless variations

of

relationship

within

the

expanding contracting

space of separation

ever

fixated on beginnings and endings.

Limpid Solace

Limpid solace

everyone is played

all succumb to the undeniable

often in regret

as if there is a choice

some flowing placid solid

finding an imaginary center

to live in.

Yearning

Disheveled under contrived poise

possessed by possessions

yearning

for

natural ease

everlasting.

Deception

All live deceived

in

deception

by

the Ultimate Deceiver and Deception

Maya.

Creatures and Creation

The strong smell of creatures and creation

diverse generative

elemental

instinctual tentative in balance

an endless expression

of

Being

with a potent profound urge to multiple.

Life

Life imbued with Spirit

rooted in earth

roaming the earth

swimming in water

flying in air

handling fire

wary of fire

flourishing under the sun and rain

resting under the moon and stars

living forms made of and consuming

earth water air fire

ever generating forms

multiplying in endless variation

as one interconnected intermixed totality

called Life.

Renewal

Simple in design

rising

spreading in the light

amphibious under the sun

moving to feed

to drink deep

life's waters washing clean

renewed

to rest under the stars

and disappear

then reappear

to rise in the light

renewed.

55

The void is a mental space devoid of objects and time.

The void is an empty mental space

that is the abstract form of formless zero and but an illusion.

The void is subtle minimal experience

that vibrates and thus objective and relative.

The void is not the Emptiness of transcendent Oneness Perfection.

The void is an absence while Presence is Emptiness.

The void is akin to a vacuum devoid of matter

but there is no absolute vacuum or void

since a vacuum and the void is comprised of energy.

The void is akin to a blank mind or mental absence

but is not the still mind / no mind

that is the Absolute Silence of Presence

Oneness Consciousness.

It is the mind that creates and projects phenomena
and finds a void when there are no objects of perception
yet the void too is a creation and projection of the mind
and thus, relative and but an illusion and a zero and nothing.

Consciousness is the One Witness Seer of the void.

Consciousness is Oneness

transcendent of the void and absence and space.

Consciousness makes experience and the void evident and possible.

The One Light of Consciousness Illumines
all experience and the void.

The void *floats* in Consciousness

and is an illusory superimposition on Consciousness.

The void appears and disappears in Consciousness

and is an obscure reflection of the Emptiness of Oneness.

The world subsides in the void

and the void dissolves in Consciousness.

Consciousness Alone ever Is.

Consciousness is the Absolute Bliss of Oneness Perfection

while the void is an absence

an empty mental space

that is but an illusion and a zero and nothing.

First one sees the One as objects

and then one sees the One as a void

and lastly one Sees and Knows the One

as the transcendent One Self that ever Is

Here in the timeless Now of Eternity.

The Void

The void is an absence

an illusion and a zero and nothing

while Oneness Consciousness ever Is

Here in the Eternal Now

of

Absolute Silence.

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Religions and spiritual movements are vehicles to

Oneness Truth.

Religion is defined as:

an organized system of beliefs precepts rules ceremonies and rituals

used to venerate and worship God or a god or a Perfect personage;

a belief faith interest or activity of paramount importance

to an individual or a group.

A religion may have a following of one or billions.

A religion or spiritual movement is an organized response

to an Avatar or a Realized Master or a spiritual Adept.

It is physical manifestations of Oneness Grace
that are the heart of religions and spiritual movements
yet all are in the realm of Illusion.

A spiritual movement most often originates from a religion
like Sufism springs from Islam and is the heart of Islam.

The word spiritual comes from Spirit.
Spirit is the Power and Manifestation of the One.

Religions and spiritual movements are organizations
with a tier or hierarchy of authority and power
created in veneration and devotion
to a revered Perfect personage or a spiritual Adept
whose illumined words teachings and example
are distorted to some degree by the ego minds
of the followers and faithful.
All ideally are aligned with and devoted to the Truth and Love
exemplified by the Perfect personage or spiritual Adept
demonstrated by way of praise observance service and so on.

Religions and spiritual movements
are potential vehicles of and pathways to Oneness Truth
and are sustained by Oneness Grace
for those who seek or love Truth.

Spirituality is the essence and heart
the inner dimension and Spirit of a religion
which is its outer form and expression.

Only when spirituality is strong

does religion have depth and genuine meaning

in alignment with Oneness Truth and Perfection.

Religion without spirituality is mechanical and empty.

Spirituality does not need a religion

while religion needs spirituality to flourish.

Religion without the *living waters* of Spirit

Spirituality

is like a dry husk and becomes a struggle

that is dominated by the egocentric mind

while spirituality is the way of the Heart

that alone transcends the ego mind

and all ignorance and illusion.

The heart of every religion is mystical and transcendental

but few go to the heart of their religion.

The heart of a religion is sacred

and a Gift from Oneness Grace.

Without strong spirituality one is absorbed by and lost
in the illusory world of the ego mind
and thus, conflicted and confused and without real conscience.

All religious organizations and spiritual movements

are influenced by the *times* in which they originate

and throughout the *changing times* and are thereby flawed

but the Power of Oneness Grace and Truth

is the Light of a religion or spiritual movement

and inestimable.

From time to time a spiritual being will purify or rejuvenate

a religion or spiritual movement

but since all organized religions and spiritual movements

are from the start in the sphere of time and the ego mind

this is never enduring.

No Perfect personage has ever transformed the world

or attempted to do so

but gives an overall push to humanity toward Oneness Truth.

A Perfect personage is a Manifestation of Oneness Grace and Truth

Who incarnates for those who long for Oneness

and Truth and Freedom.

The world is ever changing on the surface
but deeply entrenched in its worldliness.
There is always an incline that eventually declines
and a dark age that follows a golden age.
The world is ever spinning spiraling circles and cycles in illusion
and is a zero and nothing.

The language precepts and context of religions

sometimes originating far in the past

can easily be misinterpreted and misunderstood

as the subtle meaning of words changes with time

and translators and scholars are fallible and flawed.

But it is always from the Heart that one must listen

to any sacred scripture or exposition of truth.

A life based on words is divided
while Oneness Truth alone is in Silence.

Many of the precepts of religions are shared and universal
and have kept the world somewhat in-line.

Because of the differing cultural context of each religion

there is no religion that is universal

but there are those who embrace Oneness Truth in all religions.

The simple Truth of Oneness and Love alone is universal.

Many are drawn or resort to religion for succor faith and salvation

and some are drawn to the truth peace beauty a religion offers.

Most are born into a religion

and from an early age are conditioned to believe

that they are Christian Buddhist Muslim and so on

thus, their religion is usually their life-long identity and faith.

Hypocrisy is rampant everywhere

especially in religion

and there is current and past religious persecution

and condemnation in the world

and punishment and execution.

Religion is often closely connected and even entwined

with politics power and money;

many religions have been heavily touched

by worldliness and cruelty

thus, many turn away from religion and false dogma.

There is often the single-minded belief

that a specific religion alone is true

and must be spread for the good of the world.

There are religious individuals and organizations

with a mission in the world

and there are those who purely disseminate

for the good of seekers and the faithful.

It is differentiation and discrimination combined with intolerance
that creates conflict
and activates fanaticism and fascism.
Ignorance and arrogance move many to vehemence
even hatred antithetical to their ideals.
It is the assumption of superiority
along with the urge to control others and the world
that flies banners
and drives opposition missions and terrorism
that in turn attracts resentment and retribution
all action and reaction in the sphere of the imperious ego.

Religions and spiritual movements are the most powerful dynamic

that drives and elevates humanity

and there are as many paths and ways to Oneness Truth

as there are beings

each path or way uniquely suited to each.

Oneness Truth alone is universal

and not the property of any specific entity.

Oneness Truth belongs to no specific religion

nation race gender and so on.

Oneness Truth is transcendent

of all religions and spiritual movements.

Oneness Truth is beyond

the reach of the senses and ego mind.

Oneness Truth is direct Experience

in Absolute Silence.

All religions and spiritual movements

are the potential ground of Grace

that is the Power and Manifestation of the One.

The simple Truth of Oneness and Love alone is universal.

Religion and spirituality vanish in the Absolute Silence

of

Oneness Truth.

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The One Absolute Alone Exists.

Awakening and all dreams and dreamers are an illusion

and nonexistent.

The One Absolute Alone Exists.

Liberation and birth and death are an illusion

and nonexistent.

The One Absolute Alone Exists.

Life and living and change are an illusion and nonexistent.

The One Absolute Alone Exists.

Duality and relativity and separation are an illusion

and nonexistent.

The One Absolute Alone Exists.

All that has form and a beginning and end is an illusion

and nonexistent.

The One Absolute Alone Exists.

Transcendence and dissolution are an illusion

and nonexistent.

The One Absolute Alone Exists.

Multiplicity and qualities and limits are all an illusion

and nonexistent.

The One Absolute Alone Exists.

Spacetime and the mind and cosmos are an illusion

and nonexistent.

The One Absolute Alone Exists.

Everything and all that seems to be or exist is an illusion

and nonexistent.

The One Absolute Alone Exists

Here in the Eternal Now

in

Oneness Perfection.

The Ultimate Truth is in transcendent Silence.

We Awaken in Oneness Silence

from the dream of multifarious words and concepts.

The Ultimate Truth is transcendent

of form and colors and particles.

We Awaken in Oneness Silence

from the dream of I-me-mine and you and it.

The Ultimate Truth is transcendent

of attraction and contraction and clinging.

We Awaken in Oneness Silence

from the dream of motion and emotion and strain.

The Ultimate Truth is transcendent

of space and time and dimension.

We Awaken in Oneness Silence

from the dream of separation and suffering.

The Ultimate Truth is transcendent

of pressure and paradox.

We Awaken in Oneness Silence

from the dream of relativity and conditions and limits.

The Ultimate Truth is transcendent

of human tragedy and comedy and all ignorance

and sorrow.

We Awaken in Oneness Silence

from the dream of worries and rewards.

The Ultimate Truth is transcendent

of opposites and coexistences and shadows.

We Awaken in Oneness Silence

from the dream of duality and desire and fear.

The Ultimate Truth is transcendent

of inner and outer and up and down.

We Awaken in Oneness Silence

from the dream of hope and dreams.

The Ultimate Truth is transcendent

of everything and all that seems to be or exist.

We Awaken in Oneness Silence

from the dream of Illusion to the Bliss of Reality.

The Ultimate Truth is transcendent Silence

Here in the Eternal Now of Oneness Perfection.

I AM

Oneness Perfection

Here

Now.